

HOW
TO
COOK
FOR
MYSELF
AND
FAMILY

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Elizabeth Ann
Dawson

Oct 28th = 1901

HOW TO COOK FOR MYSELF AND FAMILY:

COMPRISING

*DIRECTIONS FOR ROASTING, BROILING, STEWING
AND BOILING ALL KINDS OF*

BUTCHERS' MEAT, FOWLS, AND FISH;

FOR POTTING, COLLARING, AND CURING IT;

ALSO, DIRECTIONS FOR MAKING

CONFECTIONERY, PASTRY, AND BREAD;

FOR USING FRUIT, CANDYING, AND PRESERVING IT;

*For Pickling, Brewing, Making Wines, and Choice
Beverages, and other valuable Hints for
Household Management.*

BY AN EXPERIENCED COOK.

LONDON:

W. NICHOLSON & SONS,
26, PATERNOSTER SQUARE, E. C.,
AND ALBION WORKS, WAKEFIELD.

HOW TO COOK

FOR MYSELF AND FAMILY.

ACI

ALE

ACIDITY in Beer.—When the beer or ale is drawn, put a little carbonate of soda, or potass, in the pot ; it will much improve the flavour and freshness of the beer, and it is quite wholesome— $\frac{1}{4}$ teaspoonful to a pint, or rather less.

ALBANY BREAKFAST CAKES.—Ten well beaten eggs ; 3 pints of milk, blood warm ; melted butter, $\frac{1}{4}$ lb. ; and 2 teaspoonfuls of salt. A teaspoonful of saleratus dissolved in a teaspoonful of hot water. Make a thick batter with white Indian meal, and bake in buttered tins an inch thick when put in. Bake 30 or 40 minutes, in a quick oven.

ALE, home brewed.—Take 8 or 9 bushels of malt, 12 lbs. of hops, and 5 quarts of yeast. The malt being ground, is mixed with 72 gallons of water at 160°, and covered up for 3 hours, when 40 gallons are drawn off, into which the hops are put, and left to infuse. Sixty gallons of water at 170° are then added to the malt in the mash-tub, and well mixed, and after standing 2 hours, 60 gallons are drawn off. Boil the wort from these two mashes with the hops for 2 hours, and after cooling to 65°, strain into a fermenting tub. Then barrel it ; add the yeast, and work for 27 hours.

ALE, Fine Welsh, to brew.—Pour 21 gallons of hot water (but not boiling,) on four bushels of malt. Let it stand 3 hours closely covered, during which time infuse 2

lbs. of hops in a little hot water, and put the water and hops into the tub, run the wort upon them, and boil the whole 3 hours, then strain off the hops, and keep the malt for small beer.

Let the wort stand till sufficiently cool to receive the yeast, of which put in one quart taken from ale or small beer. Mix it well, and often. When the wort has done working, (generally on the third day,) the yeast will sink a little in the middle, then remove it, and tun the ale as it works out. Pour a quart in at a time very gently. Lay a bit of paper over the bung-hole, about 3 days before you close it up.

ALE OR BEER *turned sour, to restore.*—To a kilderkin of beer throw in at the bung a quart of oatmeal; lay the bung on loose two or three days, then stop it down close, and let it stand a month. Or throw in a piece of chalk as big as a turkey's egg, and when it has done working, stop it close for a month, then tap it.

ALE POSSET.—Put a small piece of bread into a pint of milk, and set it over the fire. Put nutmeg and sugar into a pint of ale, and when your milk boils, pour it upon the ale. Let it stand a few minutes to clear, and it will be fit for use.

ALMOND CAKES.—Blanch 1 lb. of Jordan almonds, beat them very fine, with a little orange-flower water, to keep them from oiling. Boil $1\frac{1}{4}$ lbs. of fine sugar to a high candy, and put in the almonds. Take two lemons, grate off the rind very thin, and put as much juice as to make it of a sharp taste; put this mixture into glasses, set them in a stove, stirring often, that it may not candy; and when it is a little dry, part it into small cakes upon sheets of paper, to harden.

ALMOND CUSTARDS.—Take a pint of cream, blanch and beat $\frac{1}{4}$ lb. of almonds fine, with 2 spoonfuls of rose-water, and a little grated cinnamon. Sweeten it to your palate. Beat up the yolks of 6 eggs, stir all together one way over the fire, till it is thick; then pour it out into your cups.

ALMOND FRAZE.—Blanch, and steep 1 lb. of almonds in a pint of cream, 10 yolks of eggs and 4 whites ; pound the almonds in a mortar ; mix them again in the cream and eggs, put in sugar and grated bread, and stir them together. Put fresh butter into a pan, and when hot pour in the batter, stirring it till of a good thickness. When done, turn it into a dish, and throw sugar over.

ALMOND PUDDING.—Beat $\frac{1}{2}$ lb. of suet and a few bitter almonds with a spoonful of water ; then mix 4 ozs. of butter, 4 eggs, 2 spoonfuls of warm cream with the butter, 1 tablespoonful of brandy, a little nutmeg, and sugar to taste. Butter some cups, half fill, and bake the puddings. Serve with butter, wine, and sugar.

ALMOND PUDDING, Boiled.—Beat $\frac{1}{2}$ lb. of sweet almonds small, with 3 spoonfuls of rose-water, add a gill of sherry ; mix in $\frac{1}{2}$ lb. of fresh butter melted, with 4 yolks of eggs, 2 whites, a quart of cream, $\frac{1}{4}$ lb. of sugar, $\frac{1}{2}$ a nutmeg grated, one spoonful of flour, and 3 spoonfuls of crumbs of white bread ; mix all well together, and boil it. It will take half-an-hour boiling.

ALMOND RICE.—Blanch the almonds, and pound them in a mortar ; mix them in a little boiling water, press them as long as there is any milk in the almonds, adding fresh water every time ; to every quart of almond juice, a $\frac{1}{4}$ lb. of rice, and 2 or 3 spoonfuls of orange-flower water ; mix all together, and simmer over a slow fire, stirring often ; when done, sweeten it to your palate ; put it into plates, and throw beaten cinnamon over it.

ALMOND TART.—To $\frac{1}{2}$ lb. of almonds blanched, finely beat with orange-flower water, put a pint of thick cream, two Naples biscuits grated, 5 yolks of eggs, and $\frac{1}{2}$ lb. of sugar ; put all into a dish, garnished with paste, and lay slips in diamonds across it. Bake it in a cool oven, and stick slips of candied citron on each diamond.

AMERICAN BISCUITS.—Flour, 4 lbs. ; butter, $\frac{1}{2}$ lb. ; milk or water, 1 pint. Rub the butter well into the flour, and well wet them up. Break your dough well, and bake carefully in a hot oven.

AMERICAN SANDWICHES.—Take $\frac{1}{2}$ lb. of cold boiled ham or tongue, chop it fine, and put it into a basin, with a tablespoonful of chopped pickles, a teaspoonful of mustard, and a little pepper. Put about 6 ozs. of butter in a basin, and stir it quickly with a spoon till it is like cream ; add the chopped meat and the seasoning, and mix ; then cut some bread into thin slices, cut some very thin slices of veal, fowl, or game ; spread a slice of the bread with the above mixture, then a slice of the meat ; put on another slice of bread, and so on, until you have the quantity you require. Put into small shapes. These sandwiches are very acceptable for breakfast or for evening parties.

• ANCHOVIES, *Essence of*.—Take 50 or 60 anchovies, mix them without the bone, but with some of their own liquor well strained ; add to them a pint of water, in which let them boil till dissolved, which generally happens in 5 minutes. When cold, strain and bottle it, take care to close it well.

Should your stock of anchovies become dry, the deficiency may be well supplied by pouring upon them beef brine.

ANCHOVY-SAUCE, *to make*.—Take a pint of gravy, put in an anchovy, take $\frac{1}{4}$ lb. of butter rolled in flour, and stir all together till it boils. Add a little juice of lemon, ketchup, port wine, and walnut-liquor, as you please.

Plain butter melted thick, with a spoonful of walnut-pickle, or ketchup, make good sauce, or anchovy : in short you may put as many things as you fancy into sauce.

APPLES, *fried*.—Take nice sourish cooking apples, and cut into slices $\frac{1}{4}$ inch thick. Put lard or butter into a frying-pan to about $\frac{1}{2}$ inch deep or more. Make hot, and then put in the apples. Fry one side brown ; then turn, and put a little quantity of sugar on the browned side of each slice. Brown the other side. Serve up hot.

APPLES, *to roast*.—Take ripe sourish apples, and cut out the stem and flower end, so as to remove the skin

from those cup-shaped cavities ; wash and place them in a dripping pan ; fill the cavities with sugar, and put some between the apples also, with a few lumps of butter over the sugar ; bake in the oven till nice and soft.

Take them up on plates with a spoon, and pour over them the syrup in the pan.

APPLE BLACK CAPS.—Halve and core 12 apples, place them on a thin patty-pan, close together, with the flat side downwards ; squeeze a lemon in two spoonfuls of orange-flower water, and pour it over them ; finely shred some lemon-peel over them, and grate fine sugar all over. Bake in a quick oven an hour. When you send them to table, throw fine sugar all over the dish.

APPLES, *to Compote*.—Cut apples in halves ; pare, core, and put them into cold water as you do them ; have a pan on the fire with clarified sugar, half sugar, and half water : boil, skim, and put the apples in ; do them gently ; when done take them off, let them cool in the sugar, for some time, and if the syrup is found to be too thin, set it again over the fire, give it the height required.

APPLE CUSTARD—*Very nice*.—Take tart apples, quite juicy, stew and rub them, (as in *Apple Custard Pie*) and to 1 pint of the apple, beat 4 eggs, and put them in, with a tablespoonful of sugar, 1 of butter, and $\frac{1}{2}$ a grated nutmeg.

APPLE CUSTARD PIE—*Very nice*.—Peel sour apples ; stew until soft, and not much water left in them ; rub through a cullender ; beat 3 eggs for each pie to be baked, and put in at the rate of 1 cup of butter and 1 of sugar for 3 pies ; season with nutmeg. The quantity may be altered as you like. When baked, frost them as directed in *Lemon Pie*.

APPLE OR ORANGE FLORENDINE.—Take 6 Seville oranges, save the juice, take out the pulp, lay them in water 24 hours, shift them 3 times, then boil them in 3 waters, drain and put them in 1 lb. of sugar, and their juice, boil to a syrup, take care they do not stick to the

pan, set them by for use. When you use them, lay a puff-paste all-over the dish ; boil 10 pippins, pared, quartered, and cored, in a little water and sugar, and slice two of the oranges and mix with the pippins in the dish. Bake it in a slow oven, with a crust as above ; or bake the crust, and lay in the ingredients.

APPLE FRITTERS.—Dissolve 1 teaspoonful of saleratus in 1 pint of sour milk ; put in 3 eggs well beaten, and flour to make a soft batter ; chop 6 apples to about the size of small peas, and mix them well in the batter. Fry them in lard. To be eaten with butter and sugar. It is very nice.

APPLE JELLY.—Pare and core juicy apples ; cut them in pieces, put them into a pan with water, and boil gently to a pulp, stirring constantly ; and put this through a jelly-bag. To each quart of this juice add 1 lb. of loaf sugar ; boil, skim, and when it jellies, remove from the fire, pour it into pots, and when cold tie it over. Do not boil it too much, or it will taste like treacle. Any preserved fruit may be put into this jelly free of its syrup, by boiling fruit in it, and putting it into the glasses while hot. Apple jelly may also be added, to give solidity to jams. Rhubarb jelly may be made just like apple jelly, but it will require longer boiling before you add the sugar to it.

APPLE MARMALADE.—Scald apples till they will pulp from the core ; then take an equal weight of sugar in large lumps, just dip them in water, and boiling it till it can be well skimmed, and is a thick syrup, put to it the pulp, and simmer it on a quick fire a quarter of an hour. Grate a little lemon-peel before it is boiled, but if too much, it will be bitter.

APPLE MERANGE.—Put a bottom crust into a deep dish, as for a pie ; pare, slice, and stew some nice acid apples, sweetening slightly ; place a layer $\frac{1}{2}$ inch thick of the apples upon the crust ; then put on a layer of nice bread, spread with butter as for eating ; then another of the apples larger. Bake in the oven ; when done, have

the whites of eggs beaten, and mixed with white sugar ; place this upon the merange, and put in the oven a few minutes, to brown the egg mixture. Serve with sweetened butter sauce, adding nutmeg or lemon wine, as desired.

APPLE PIE.—Pare, core, and cut the apples into suitable pieces ; put them into a dish with a paste round the edge ; when one layer is in, sprinkle with sugar, and add a few cloves and finely cut lemon-peel, with a little juice ; put in the remaining slices of apples, more sugar, and a little water, with a little cinnamon, if you like.

APPLE PIE, *Digestible*.—Instead of making a rich crust, which is so unwholesome, mix it up as you would for biscuit, using sour milk and salcratus, with a little lard or butter only ; mix the dough quite stiff, roll out rather thin, lay it upon a tin or plate ; slice or chop ripe apples, and lay them on rather thick, sugar them according to the acidity of the apples. Put on a top crust, wet it with well-beaten egg, and bake well. This crust is easily digested.

APPLE OR PEAR PIE.—Make a good puff paste crust, lay some round the sides of the dish, quarter and core the apples ; lay a row of apples thick, put in half the sugar you intend for your pie ; mince a little lemon-peel fine, a few cloves ; add what is left of the apples, and the rest of the sugar. Sweeten it to your palate, and squeeze in a little lemon-juice. Boil the peelings of the apples, and the cores in water, with a blade of mace, till it is very good : strain and boil the syrup with sugar till it is rich : pour it into the pie, with a little quince, or marmalade : put on the upper crust and bake it.

A pear pie may be made thus : beat up the yolks of 2 eggs, and half-a-pint of cream, with a little nutmeg, sweetened with sugar, take off the lid, and pour in the cream. Cut the crust in three-cornered pieces, and stick them about the pie.

APPLE PUDDING, *Baked*.—Take 12 large pip-pins, pare and core them into a sauce-pan, with 5 spoonfuls of water. Boil till they are soft and thick ; then beat

them well, stir in 1 lb. of loaf-sugar, the juice of 3 lemons, the peel of 2 lemons, cut thin and beat fine in a mortar, the yolks of 8 eggs beaten ; mix all well together, bake it in a slow oven ; when it is near done, throw over a little fine sugar. You may bake it in a puff-paste, as you do the other puddings.

APPLE PUDDING, *Baked*.—Scald 3 or 4 codlings, and bruise them through a sieve. Add a $\frac{1}{4}$ lb. of biscuits, a little nutmeg, a pint of cream, and 8 eggs, but only half the whites. Sweeten to your taste, and bake it.

APPLE PUDDING, *Boiled*.—Flour, 1 lb. ; butter, $\frac{1}{4}$ lb. ; from 12 to 20 apples.

Make a plain paste of the flour and butter. Sprinkle your pudding bag with flour, roll the paste thin, and lay inside of the bag, and fill the crust with apples nicely pared and cored. Draw the crust together, and cut off any extra paste about the folds ; tie the bag tight, and put it into boiling water. Boil it 2 hours. A layer of rice, nicely picked and washed, sprinkled inside the bag, instead of crust, makes a very good pudding, called an *Avalanche*.

Common Dough rolled out makes a fine crust for the above, especially with a little butter worked in it. It is more wholesome than the unleavened crust.

APPLE SAUCE.—Pare, core, and slice the apples, put them in a saucepan over a slow fire, with as much water as will keep them from burning ; put in a bit of lemon peel, cover close till they are all of a pulp, put in a lump of butter, and sugar to your taste.

APPLE TARTS, *Spiced*.—Rub stewed or baked apples through a sieve, sweeten them, and add powdered mace and cinnamon enough to flavour them. If the apples are not very tart, squeeze in the juice of a lemon. Some persons like the peel of the lemon grated into it. Line soup dishes with a light crust, double on the rim, and fill them and bake them until the crust is done. Little bars of crust, a quarter of an inch in width, crossed on the top of the tart before it is baked are ornamental.

APRICOTS, *Compote of.*—Split and stone the apricots ; boil them gently for fear they should break ; when soft, take them off, and put them into cold water ; take clarified sugar, put the apricots in, give them a little boiling water, then take them off, and set them in dishes.

APRICOTS, *to Preserve.*—Pare the apricots, divide them in halves, take out the stones, and give them a light boiling in water, add to the water after taking out the fruit, the weight of the apricots in sugar, and boil it till it comes to a syrup ; put in the apricots, give them a light boiling, and take off the scum as it rises. When the syrup jellies, it is enough, take up the apricots, and cover them with jelly ; put paper over them, and lay them down when cold.

APRICOT PUDDING, *to make.*—Coddle 6 large apricots very tender, break them very small, sweeten them to your taste. When they are cold, add 6 eggs, only two whites well beaten ; mix them well together with a pint of good cream, lay a puff paste all over your dish, and pour in all your ingredients. Bake it half an hour, do not let the oven be too hot ; when it is enough, throw a little fine sugar all over it, and send it to the table hot.

APRICOT WINE.—Take 3 lbs. of sugar, 3 quarts of water, boil them together, and skim it well ; put in 6 lbs. of apricots pared and stoned, and let them boil till they are tender ; after you have taken out the apricots, let the liquor have one boil, with a sprig of flowered clary in it. The apricots make marmalade, and are very good for present using.

ARROW ROOT.—Mixed with milk, and sweetened, is very nutritious.

ARROWROOT BLANC MANGE.—Take 2 table-spoonfuls of arrowroot to 1 quart of milk, and a pinch of salt. Scald the milk, sweeten it, and then stir in the arrowroot, which must first be wet up with some of the milk. Let it boil up once. Orange water, rose water, or lemon peel, can be used to flavour it. Pour it into moulds to cool.

ARROW ROOT *Custard for Invalids*.—One tablespoonful of arrow-root, 1 pint of milk, 1 egg, 1 tablespoonful of sugar. Mix the arrow-root with a little of the cold milk, put the milk into a sauce-pan over the fire, and when it boils, stir in the arrow-root and the egg and sugar, well beaten together. Let it scald, and pour into cups to cool. A little cinnamon boiled in the milk flavours it pleasantly.

ARROW-ROOT PUDDING.—Three tablespoonfuls of arrow-root, mix well in a little cold water, put it into a quart of boiling milk, stirring it constantly; when cool, add 2 eggs, well beaten, and serve with sweet sauce. Bake half an hour.

ARTICHOKES, *to boil*.—Cut off the stalks close to the artichokes; throw them into water, wash them, and put them into a saucepan. They will take an hour to boil; take out a leaf, and if it draws easy, they are enough. Send them to table, with butter in tea-cups between each artichoke.

ARTICHOKE BOTTOMS.—Take them either dried or pickled; if dried, lay them in warm water for 3 hours, shifting it several times; have ready a little cream, and a piece of fresh butter; stir it together one way over the fire till it is melted, put in the artichokes, and when hot, dish them up.

ASPARAGUS, *to dress*.—Scrape the stalks carefully till they look white, and are even alike, throw them into a stew-pan boiling. Put in salt, and tie the asparagus in little bundles. Boil, and when they are a little tender take them up. If you boil too much you lose both colour and taste. Cut a slice of bread half an inch thick, toast it brown on both sides, dip it in the Asparagus liquor, and lay it in the dish: pour a little butter over the toast; lay the asparagus on the toast all round the dish, the white tops outward. Do not pour butter over the asparagus, for that makes them greasy to the fingers, but have your butter in a basin, and send it to table.

ASPARAGUS, *to boil*.—Cut off the white ends 6

inches from the head, and scrape them from the green part downwards. Throw them into a pan of clean water with a little salt; and after a little soaking, tie them up in small bundles. When the water boils, put them in, and boil quick; by overboiling they will lose their heads. Toast a slice of bread, brown on both sides. When your grass is done, take them up carefully; dip the toast in the asparagus water, and lay the heads of the asparagus on it with the white ends outwards. Pour melted butter over the heads. Cut an orange into quarters for garnish. Season with salt and pepper, as you like.

ASPARAGUS AND EGGS.—Cut asparagus as for peas; break some eggs in a basin, beat them up with pepper, salt, and the asparagus; put them into a stewpan, with 2 ozs. of butter, and stir it on the fire till thick. Put a toast on the dish, and the eggs and asparagus upon the toast.

ASPARAGUS, to pickle.—Lay your asparagus in an earthen pot; make a brine of water and salt strong enough to bear an egg, pour it on hot, and keep it close covered. When you use them, lay them in cold water 2 hours. Boil and butter them for table. If you use them as a pickle, boil them as they come out of the brine, and lay them in vinegar.

ASPARAGUS SOUP.—Cut $\frac{1}{2}$ lb. of fat bacon into thin slices, put them in a stewpan, add 5 or 6 lbs. of lean beef cut in lumps, and rolled in flour; cover your pan close, stirring till the gravy is drawn; add 2 qts. of water, and $\frac{1}{2}$ pint of ale. Let it stew gently for an hour, with some whole pepper, and salt; skim off the fat, and strain off the liquor; put in the leaves of white beet, some spinach, cabbage lettuce, a little mint, sorrel, and sweet marjoram powdered; boil these in the liquor, put in the green tops of asparagus cut small, and boil them till tender. Serve it up hot, with a French roll in the middle.

AUNT NELLY'S PUDDING.—*An old Family Receipt.*—Flour, $\frac{1}{2}$ lb.; treacle or sugar, 7 ozs.; chopped

suct, 6 ozs. ; the peel and juice of a lemon ; a little candied lemon ; 4 tablespoonfuls of cream, 2 or 3 eggs. Mix and beat all together. Boil in a buttered basin. For sauce, melted butter and sherry, with apricot jam.

B

BACON, Spiced.—Take out all the bones of a side or middle. Put it into a pan of water for 12 hours, to extract the blood, changing the water till colourless. Then put the meat into pickle, made thus :—water, 1 gal. ; $\frac{1}{4}$ lb. salt. ; sal prunelle, $\frac{1}{4}$ lb. ; coarse sugar, 1 lb. Let the meat remain in this pickle 2 or 3 weeks ; then take it out, wipe it well, and shred sage and bay leaves very small. Mix well, and add white pepper, and strew well over the inside of the meat. Roll it very tightly up, and tie a string round it 2 inches apart, knotting the string at every round, so that when fillets are cut off for cooking, the remainder of the collar may remain confined. Smoke it well for 12 days.

BAKING POWDERS.—Baking soda, 6 ozs. ; cream of tartar, 8 ozs. ; dry from all dampness by spreading on paper and placing in the oven a short time ; mix and keep dry in bottles.

The proper quantity will be 1 teaspoonful to each quart of flour baked. Mix with cold water, and bake *immediately*. This baking powder is easily made, and does not cost over half as much as to buy already made. It makes biscuits very nice without milk or shortening. Yet if milk is used, it is much richer. These powders are designed for those who are far from civilized conveniences, and for those who prefer this kind of bread or biscuit to that raised with yeast or sour milk and saleratus.

BAKING POWDERS, for Biscuit without Shortening.—Bi-carbonate of soda, 4 ozs. ; cream of tartar, 8 ozs. , and properly dry them, and thoroughly mix. It should be kept in well-corked bottles to prevent dampness which neutralizes the acid.

Use about 3 teaspoonfuls to each quart of flour being

baked ; mix with milk, if you have it, if not, wet up with cold water, and put *directly* into the oven to bake.

BANNOCK, *Indian*.—Take 1 pint of Indian meal, and stir into it a pint of sour milk, half a teaspoonful of salt, a spoonful of molasses, and a spoonful of melted butter. Beat 2 eggs and add, and then stir in a pint of wheat flour. Then thin it with milk to the consistency of drop cakes, and when ready to bake, stir in a heaped teaspoonful of saleratus dissolved in hot water. Pour into square buttered tins an inch thick, and bake fifteen minutes.

BARLEY SUGAR.—Put clarified syrup into a saucepan with a spout, if little is wanting to be made, and boil it till it becomes thickish, taking off all the scum ; prepare a marble stone, rub with butter to prevent sticking, pour the syrup gently along the marble in long sticks of any thickness ; twist it, while hot, at each end, and let it remain till cool. The rasped rind of lemon, boiled with the syrup, gives it a very agreeable flavour ; and the best is so prepared.

BARLEY WATER.—Put a quarter of a pound of pearl-barley to 2 quarts of water. Boil it half away, and strain it off. Add 2 spoonfuls of white wine, and sweeten to taste.

BARLEY WINE.—Take $\frac{1}{2}$ lb. of French barley, boil it in 3 waters, and save 3 pints of the last water ; mix it with a quart of sherry, half a pint of borage water, as much clary water, a little red rose water, the juice of 5 or 6 lemons, $\frac{3}{4}$ lb. of fine sugar, and the thin yellow rind of a lemon ; brew all these quick together, strain and bottle it up ; it is pleasant in hot weather, and very good in fevers.

BATTALIA PIE.—Take 4 small chickens, 4 pigeons, and 4 young rabbits ; cut them in pieces, season them with savoury spice, lay them in the pie, with 4 sweetbreads sliced, and 4 sheeps' tongues, with savoury balls and oysters ; lay on butter, and close the pie with a lair.

BATTER PUDDING.—Take 6 ozs. of fine flour, a little salt, and three eggs ; beat well with a little milk added by degrees, until it is as thick as cream—put into a buttered dish, and bake from 40 to 50 minutes.

BECHEMEL SAUCE.—This is a stiff white sauce, somewhat like cream, but thicker, even approaching to a batter. Take strong veal gravy, boil, skim, and thicken it with flour and water, or a piece of butter rolled in flour ; add more gravy, and when sufficiently boiled, strain off ; put cream enough to make it entirely white, and of the consistency of a light batter ; then just simmer it together, but do not boil above a minute or two, or it will injure the colour.

BEEF, to choose.—See *Meat to choose*.

BEEF, to pickle for Winter.—Cut your beef into sizable pieces, sprinkle a little salt on the bottom of the barrel only, than pack your beef without salt amongst it, and when packed pour over it a brine made by dissolving 6 lbs. of salt for each 100 lbs. of beef in just sufficient cold water to cover it.

BEEF, to roast.—If it be a sirloin, butter a piece of writing paper, and fasten it on the back of your meat with small skewers, and lay it down to a strong fire. When your meat is warm, dust on some flour, and baste it with butter ; a quarter of an hour before you take it up remove the paper, dust on a little flour, and baste it with butter, that it may have a good froth. Garnish the dish with scraped horse-radish, and serve it up with potatoes, brocoli, French beans, cauliflowers, or celery. The rump is excellent roasted.

BEEF, to stew.—Take 4 lbs. of beef, with the hard fat of the brisket cut in pieces ; put them into a stewpan, with 3 pints of water, a little salt, pepper, dried marjoram powdered, and 3 cloves. Cover the pan very close, and stew it 4 hours over a slow fire. Throw into it as much turnips and carrots, square pieces, as you think proper : add the white part of a large leek, two heads of celery shired

fine, a crust of bread, burnt, and half-a-pint of wine ; pour all into a soup-dish, and serve hot. Garnish with boiled carrot, sliced.

BEEF, *A la Mode*.—Take 1 lb. of beef, cut it full of holes entirely through it, roll strips of raw salt pork or bacon, in a seasoning made of thyme, cloves, and pepper and salt, half a teaspoonful of each ; then draw these strips through the holes in the beef.

Put some small onions, say half a dozen, with a $\frac{1}{4}$ lb. of butter into a sauce-pan with 2 tablespoonfuls of milk and stew them till soft, put the beef and these onions into a pot, (you can stew the onions in the pot instead of the sauce-pan if you prefer it,) pour on hot water just enough to cover it, and let it cook slowly 4 or 5 hours. Just before taking it up, add a pint of wine, either Port or Claret. The onions can be cooked separately if preferred.

BEEF A-LA-ROYALE.—Bone a brisket of beef, and make holes in it about an inch from each other. Fill one hole with fat bacon, a second with chopped parsley, and a third with chopped oysters. Season the stuffings with pepper, salt, and nutmeg. Put it into a pan, pour on it a pint of boiling wine, dredge it with flour, and bake it 3 hours : skim off the fat, dish the meat, and strain the gravy over.

BEEF, *Brisket of*.—Rub the brisket with common salt and saltpetre, and let it lie 4 days. Lard the skin with fat bacon, put it into a stewpan, with a quart of water, a pint of port wine, $\frac{1}{2}$ lb. of butter, a bunch of sweet herbs, 3 or 4 shallots, some pepper, and $\frac{1}{2}$ a nutmeg grated. Cover the pan close, and stew it over a gentle fire, for 6 hours. Fry some square pieces of boiled turnips brown. Strain the liquor the beef is stewed in, thicken it with burnt butter, mix the turnips with it, and pour all together over the beef. Serve it up hot, and garnish with lemon, sliced.

BEEF BROTH.—Put a leg of beef with the bone well broke, in your pan, with a gallon of water. Take off the scum as it rises, and add 2 or 3 blades of mace, a small

bunch of parsley, and a crust of bread. Boil it till the beef is quite tender. Lay some toasted bread cut in pieces in your turcen, next the meat, and pour broth over it.

BEEF, to Collar.—Lay a flank of beef in ham brine a fortnight, dry it in a cloth; take out the leather and skin, cut it across and across; season it with spice, 2 anchovies, a handful of thyme, parsley, sweet marjoram, winter savoury, onions, and fennel; strew it on the meat, roll it in a hard collar in a cloth, sew it, tie it at both ends, and put it in a collar pot, with a pint of port wine, cochineal, and 2 quarts of spring water. When cold, take it out of the cloth.

BEEF COLLOPS, to Stew.—Cut raw beef, as veal is cut for Scotch collops. Put the collops into a stewpan, with a little water, a glass of sherry, a shallot, a little dried marjoram rubbed to powder, salt and pepper, and a slice of fat bacon. Set them over a quick fire till the gravy is drawn out. Add a little mushroom juice; serve them up hot, and garnish with sliced lemon, or small pickles and red cabbage.

BEEF COLLOPS, to Fry.—Cut your beef into slices, about 2 inches long, lay them upon your dresser, and hack them with the back of a knife; grate a little nutmeg, and dust some flour over them; put them into a stewpan, and as much water as you think sufficient for sauce; shred half an onion, a little lemon-peel very fine, a bundle of sweet herbs, and a little pepper and salt; roll a piece of butter in flour, set them over a clear fire till they begin to simmer, and shake them often; simmer them for 10 minutes, take out your herbs, and dish them up. Garnish the dish with pickles and horseradish.

BEEF, Mutton, and Potatoe Pie.—Take a deep dish, butter it, and put in it a layer of mashed potatoes, seasoned with butter, pepper, salt and minced onions. Take slices of beef, or mutton, and season them with pepper and salt, lay them with small bits of salt pork over the potatoes. Then fill the dish with alternate layers, as above

described, having the upper one potatoes. Bake an hour, or an hour and a half.

BEEF SIRLOIN, *Inside forced*.—Raise the fat of the inside of a sirloin of beef, cut out the meat close to the bone, and chop it small, with 1 lb. of suet; add crumbs of bread, lemon-peel, thyme, pepper, salt, half a nutmeg grated, two shallots chopped fine, mixed with a glass of red wine. Put the meat where you took it from; lay over the skin and fat, skewer it down, and cover it with paper, which must remain on till the meat is dished up. Boil a quarter of a pint of port wine, two shallots shred, and pour it into the dish, with the gravy from the meat. Serve and garnish with lemon.

BEEF STEAKS, *to broil*.—Cut them from a rump that has hung a few days. Broil them over a coke fire; put into the dish a little minced shallot, and a tablespoonful of ketchup, and rub a piece of butter on the steak the moment of serving. Let it be done on one side before it is turned. Pepper and salt should be added when taken off the fire.

BEEF STEAKS, *to fry*.—Take rump steaks, beat them well with a roller, fry them in half a pint of ale that is not bitter, and whilst they are frying, for sauce cut a large onion small, a little thyme, parsley shred small, grated nutmeg, and a little pepper and salt; roll all together in a piece of butter, and then in a little flour, put this into the stewpan, and shake all together. When the steaks are tender, and the sauce of a fine thickness, dish them up.

BEEF STEAKS, *to stew*.—Half boil the steaks; put them into a stewpan, season with pepper and salt, cover them with gravy, and put in a piece of butter rolled in flour. Stew them gently for half an hour, add the yolks of 2 eggs beat up, stir all together for 3 minutes, and serve them up. Garnish with pickles, and horse-radish scraped.

BEEF STEAKS *and Oyster Sauce*.—Strain the liquor from the oysters, and wash in cold water. Simmer

the liquor with a bit of mace and lemon-peel. Put the oysters in, stew them a few minutes, and a little cream, and some butter rubbed in a bit of flour: let them boil up once. Have rump steaks well seasoned and broiled, and pour your oyster sauce over the moment they are ready to serve.

BEEF TEA.—Broil 1 lb. of tender juicy beef about 10 minutes, salt and pepper it, if suitable for the patient; cut it in small pieces, pour on a pint of boiling water; steep it half an hour, and pour off to drink.—Or, it is better to cut the beef in small pieces, nearly fill a jar with them and a little water; keep the jar a few hours in boiling water. Season the juice thus obtained.

BEER, *to improve the flavour of.*—When you boil the malt and hops, add ginger and cloves, a few sealed hops, and a few coarse biscuits.

BIRD'S NEST PUDDING.—Pare and core 8 or 10 good baking apples; keep them whole; place in a baking dish; fill the core place with sugar and grated nutmeg. Make a custard of eggs and milk sweetened, and pour it over the apples. Bake half an hour.

BISCUITS, *Common.*—Beat 6 eggs, with a spoonful of rose-water, and 1 of sherry; add 1 lb. of finely powdered sugar, and 1 lb. of flour; mix these into the eggs by degrees, with 1 oz. of coriander seeds; shape them to any form you please. Beat the white of an egg, rub them over and dust some fine sugar over them. Set them in an oven moderately heated, till they rise and come to a good colour; put them into the oven at night and let them stand till morning.

BISCUIT PUDDING.—Take water, 1 qt.; sugar, $\frac{1}{4}$ lb.; butter, the size of a hen's egg; flour, 4 tablespoonfuls; nutmeg, grated, $\frac{1}{2}$ of one.

Mix the flour with just sufficient cold water to rub up all the lumps while the balance of the water is heating, mix all, and split the biscuit once or twice, and put into this gravy while it is hot, and keep hot until used at table.

Place a few minutes only in the oven. It uses up cold biscuit. It is indeed worth a trial.

BLACKBERRY WINE.—Crush the berries, and pour 1 quart of boiling water to each gallon; let the mixture stand 24 hours, stirring occasionally; strain and measure into a keg, adding 2 lbs. of sugar, and good rye-whisky 1 pint, or best alcohol, $\frac{1}{2}$ pint to each gallon.

Cork tight, and let it stand 2 months, and it will be fit for use. It is invaluable in sickness as a tonic, and nothing is better for bowel disease.

BOMBAY PUDDING.—Put 4 or 5 slices of buttered bread, an inch thick, into a dish, with sugar to taste, 2 eggs, and rather under a pint of milk. Mix the eggs, sugar, and milk, and pour it over the bread. Let the bread be well soaked. Then have ready some boiling lard, and fry to a nice brown.—This is a very nice and inexpensive dish.

BREAD, French Make.—Take rice, $\frac{3}{4}$ lb.; tie it up in a thick linen bag, giving room to swell; boil it until it becomes a perfect paste; mix this while warm with 7 lbs. of flour, adding yeast and salt; allow the dough to work a proper time near the fire, then divide into loaves. Dust them in, and knead vigorously.

This quantity of flour and rice makes about 31 $\frac{1}{2}$ lbs. of bread, which will keep moist much longer than without the rice.

BREAD, BROWN.—This is excellent for the Dyspeptic, and, of course, is a preventive of costiveness. If ground wheat be unbolted, that is, if its bran be not separated, dyspepsia bread is produced. It is made in the same way as other wheaten bread, but requires a little peculiar management. Upon this point, Mr. Graham remarks:

The wheat meal, and especially if it is ground coarsely, swells considerably in the dough, and therefore the dough should not at first be made quite so stiff as that made of superfine flour; and when it is raised, if it is found too soft to mould well, a little more meal may be added. Dough

made of wheat meal will take on the acetous fermentation, or become sour sooner than that made of fine flour. It requires a hotter oven, and to be baked longer, but must not stand so long after being mixed before baking, as that made from flour.

BREAD, BROWN BISCUIT.—Take corn meal, 2 qts.; rye flour, 3 pts.; wheat flour, 1 pt.; molasses, 1 tablespoonful; yeast, 3 tablespoonfuls, having soda 1 teaspoonful mixed with it.

Knead over night for breakfast. If persons will eat warm bread, this, or buckwheat short-cake, should be the only kinds eaten.

BREAD, YANKEE BROWN.--For a good sized loaf being made, take $1\frac{1}{2}$ pts. Indian corn meal, and pour boiling water upon it, to scald it properly; let it stand until only blood warm, then put 1 qt. of rye flour upon the meal, and pour in a quantity of milk or cream, with a little saleratus dissolved in a gill of water, kneading in more flour, to make of the consistence of common bread. If you raise it with yeast, put a little salt in the meal, but if you raise it with salt-risings, or emptyings, which I prefer, no more salt is needed.

Form into loaves, and let them set an hour and a half, or until light; in a cool place, in summer, and on the hearth, or under the stove, in winter; then bake about 2 hours. Make the dough as stiff as for wheat bread, for if made too soft it does not rise good. The old style was to use only one-third rye flour, but it does not answer that way; for most persons get tired of it when mostly corn meal, but not so, if mostly rye flour.

BREAD, *To Fry—Better than Toast.*—Take bread that is dry; the dryer the better; first dip it quickly into cold water, then into eggs which are well beaten, having a little salt in them; then fry for a short time in hot lard until the surface is a pretty yellow or light brown, according to the heat of the lard.

BREAD PUDDING.—Take a pint of cream, and $\frac{3}{4}$

lb. of butter, set it on the fire, and keep stirring; when the butter is melted, put in as much grated stale bread as will make it light, a nutmeg, and sufficient quantity of sugar, 3 or 4 eggs, and a little salt. Mix, butter a dish, put in it, and bake half-an-hour.

BREAD SAUCE.—Boil an onion cut into four, with a few grains of black pepper and milk, till the onion is reduced to a pulp. Pour the milk, strained, on grated white stale bread. Let it stand an hour, put it into a saucepan, with a moderate piece of butter, mixed with flour, and boil up the whole together.

BREWING. Rules for.—Care must be taken, in the first place, to have the malt clean; and after it is ground it ought to stand 4 or 5 days.

For strong October, 5 quarters of malt and 24 lbs. of hops, to 3 hogsheads. This will afterwards make 2 hogsheads of good keeping small beer, allowing 5 lbs. of hops to it.

For middling beer, a quarter of malt makes a hogshead of ale, and one of small beer; or it will make 3 hogsheads of good small beer, allowing 8 lbs. of hops. This will keep all the year. Or it will make 20 gallons of strong ale, and 2 hogsheads of small beer that will keep all the year.

Take great care your casks are not musty, or have any ill taste; if they have it is a hard thing to sweeten them.

Wash your casks with cold water before you scald them, and they should lie a day or two soaking, clean them well, then scald them.

If you intend your ale to keep a great while, allow 1 lb. of hops to every bushel of malt; if to keep 6 months, 5 lbs. to a hogshead; if for present drinking, 3 lbs. to a hogshead, and the softest and cleanest water you can get.

Observe to have all your vessels very clean, and never use your tubs for any other use except to make wines. If the casks be empty, take out the head, and let them be scrubbed clean with a hand brush, sand, and fuller's earth. Put on the head again, and scald them well; throw into the barrel a piece of unslaked lime, and stop the bung close.

The first copper of water, when it boils, pour into your mash-tub, and let it be cool enough to see your face in ; then put in your malt, and let it be well mashed ; have a copper of water boiling in the meantime, and when your malt is well mashed, fill your mashing-tub, stir it well again, and cover it over with sacks. Let it stand 3 hours ; set a broad shallow tub under the cock, let it run very softly, and if it be thick throw a handful of hops in the under tub, let the mash run into it, and fill your tubs till all is run off. Have water boiling in the copper, and lay as much more on as you have occasion for, allowing one-third for boiling and waste. Let that stand an hour, boiling more water to fill a mash-tub for small beer ; (let the fire down a little,) and put it into tubs enough to fill your mash-tub. Let the second mash run off, and fill your copper with the first wort ; put in part of your hops, and make it boil quick ; about an hour is long enough ; when it is half-boiled, throw in a handful of salt. Have a clean white wand, and dip it into the copper, and if the wort feels clammy it is boiled enough ; slacken your fire, and take off your wort. Have ready a large tub, put 2 sticks across, and set your straining basket over the tub on the sticks. then strain your wort through it. Put your other wort on to boil with the rest of the hops ; let your mash be covered again with water, and thin your wort that is cooled in as many things as you can, for the thinner it lies, and the quicker it cools, the better. When quite cool, put it into the tunning tub. Throw a handful of salt into every boil. When the mash has stood an hour, draw it off, then fill your mash with cold water, take off the wort in the copper, and order it as before. When cold, add to it the first in the tub, so on, as you empty one copper fill the other : boil your small beer well. Let the last mash run off, and when both are boiled with fresh hops, order them as the two first boilings ; when cool, empty the mashtub, and put the small beer to work there. When cool enough, work it ; set a wooden bowl full of yeast in the beer, and it will work over with a little of the beer in the boil. Stir your tun up every 12 hours, let it stand 2 days, then tun

it, taking off the yeast. Fill your vessels full, and save some to fill your barrels; let it stand till it has done working: then lay on your bung slightly for a fortnight, after that, stop it as close as you can. Mind you have a vent at the top of your vessel; in warm weather open it; and if your drink hisses, as it often will, loosen it till it has done, then stop it up close again.

If you can boil your ale in one boiling it is best, if the copper will allow of it; if not, boil it as you can.

When you come to draw your beer, and find it is not fine, draw off a gallon, and set it on the fire, with 2 ozs. of isinglass, cut small and beat. Dissolve it in the beer over the fire; when it is all melted, let it stand till it is cold, and pour it in at the bung, which must lay loose on till it has done fermenting; then stop it close up for a month.

BROCOLI, to boil.—Cut the heads with short stalks, and with a knife peel off the hard outside skin which is on the stalk and small branches, throw them into a pan of clean water. Have water boiling in a stewpan, with salt in it; put in your brocoli, and when the stalks are tender they are enough. Be careful the heads do not break off.

Brocoli may be eaten like asparagus, with a toast laid in the dish, the brocoli upon it, and sent to table with melted butter.

BROCOLI AND EGGS.—Boil your brocoli till tender, but save a large bunch with 6 or 8 sprigs. Toast bread large enough for your dish. Take 6 eggs, beat them well, put them into a saucepan, with butter, and a little salt; beat them with a spoon till thick enough, and then pour them on the toast. Set the largest bunch of brocoli in the middle, and the other pieces round. Garnish with the same.

BROWNING, to make.—Browning is a very useful culinary preparation. Beat small 4 ozs. of fine sugar, put it into a frying-pan, with 1 oz. of butter. Set it over a clear fire; mix well, and when it begins to be frothy hold it higher. When the sugar and butter are of a deep brown, pour in a little wine, and stir well together: then

add more wine, till half a pint is used. Add $\frac{1}{2}$ oz. of Jamaica pepper, 6 cloves, 4 shallots peeled, 2 or 3 blades of mace, 3 spoonfuls of ketchup, a little salt, and the rind of a lemon, and put it into a paste; add half-a-pint of white wine, the juice of a lemon and orange, close the pie, and when it is baked, serve it up.

BUCKWHEAT SHORT CAKE.—Take 3 or 4 teacupfuls of nice sour milk, 1 teaspoonful of soda-saleratus dissolved in the milk; if the milk is very sour, you must use saleratus in proportion, with a little salt; mix up a dough with buckwheat flour, quite stiff; put into a buttered tin, and directly into the oven, and bake 30 minutes; or as you would a short-cake from common flour.

Wet the top a little, and warm it up at next meal, if any is left—it is as good as when first made. It is also very good, cold.

Were the excellency of this cake generally known, buckwheat would become as staple an article of commerce as the common wheat. Do not fail to give it a trial.

BUTTER, to Make.—Use shallow pans for the milk—the larger the surface, and the less the depth of the milk the better—then put into each pan, before straining, 1 quart of cold spring-water to every 3 quarts of milk, the cream will begin to rise immediately, which should be skimmed every 12 hours, the butter will be free from all strong taste arising from leaves, or coarse pasturage.

High or up-land makes better butter than when the cows are kept on rich bottom pasturage. The object of the cold water is double: it cools the milk, so that the cream rises before the milk sours, and it also improves the flavour.

BUTTER, to Preserve.—First, press out all the buttermilk. Second, use rock salt. Third, pack in air-tight jars or cans. Fourth, keep in a cool place, and the butter will keep for years.

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CABBAGE.—Cut a large cabbage into quarters; if small, in half; let the water boil, put in a little salt, then

the cabbage, with a little more salt upon it; and when the stalk is tender, put the cabbage into a cullender to drain, Savoy's are dressed in the same manner.

CABBAGE, to pickle.—Take a fine red cabbage, and cut it in thin slices, sprinkle it with salt, and let it stand 2 or 3 days; then season some vinegar with what spice you think fit, and put it on scalding hot 2 or 3 times.

CAKE, Federal.—Flour, 2 $\frac{1}{2}$ lbs.; powdered white sugar, 1 $\frac{1}{4}$ lbs.; butter, 8 or 10 ozs.; 5 eggs well beaten; bicarbonate of ammonia, $\frac{1}{8}$ oz.; water, $\frac{1}{2}$ pint; milk is better.

Powder the ammonia, and mix with the sugar; rub the butter into the flour; mix all together very intimately, and roll out to $\frac{1}{4}$ inch thick. Cut out round; place on tins to touch each other; in baking, they all unite. While warm, sprinkle with fine sugar.

CAKE, Rough and Ready.—Butter or lard, 1 lb.; treacle, 1 $\frac{1}{2}$ lb.; soda, 1 oz.; milk or water, $\frac{1}{2}$ pint; ground ginger, 1 tablespoonful; oil of lemon, a few drops; flour sufficient.

Run the butter or lard in the flour and ginger; dissolve the soda in the milk or water; put in the treacle, flour, and ginger; add more flour if necessary; mix well; roll out; cut to shape; and wet the top with a little treacle and water, to remove the flour; turn the top down into powdered white sugar. Bake them *only*; do not dry up.

CALF'S FEET JELLY.—Cut a calf's feet in pieces, put them into a stewpan with a gallon of water, cover them close, and boil them softly till almost half is consumed, strain the liquor, and let it stand till cold. Take off the fat at the top and bottom, melt the fine part of the jelly in a preserving pan, and put in a pint of Rhenish wine the juice of 4 or 5 lemons, refined sugar to your taste, the whites of 7 eggs beaten to a froth; stir and boil all these together near half-an-hour; then pass it through a sieve into a jelly-bag; put into your jelly-bag a very small sprig of rosemary and a piece of lemon-peel; pass it through the bag till it is as clear as water.

CALF'S FEET RAGOUT.—Boil, bone, and cut the meat in slices ; brown them in the frying pan, put them in good beef-gravy with morels, truffles, and pickled mushrooms, the yolks of 4 eggs boiled hard, salt, and butter, rolled in flour-

CALF'S HEAD, to boil.—Pick the head clean, and soak it in a pan of water some time before it is put in the pot. Tie the brains up in a rag, and put them in with the head. When enough, grill it before the fire, and serve with melted butter, bacon, and greens ; and with the brains chopped and beaten up with salt, pepper, vinegar or lemon, sage, and parsley ; the tongue slit and laid in a separate plate.

CALF'S HEAD, Brown, to broil.—Boil a calf's head ; when cold, take one half, and cut off the meat in slices, put it into a stewpan, with a little brown gravy, a spoonful or two of walnut-pickle, ketchup, a little red wine, a little mace, and capers shred ; boil it, and thicken it with butter and flour. Take off the bone ends, cut the meat from the other half, score it with a knife, season it with a little pepper and salt, rub it over with the yolk of an egg, and strew over a few bread-crumbs and parsley ; set it before the fire to broil till it is brown ; and when you dish up the other part, put this in the middle ; lay about your hash brain cakes, with forcemeat balls, and crisp bacon.

CALF'S HEAD, White, to hash.—Boil a calf's head as for eating ; when cold, cut it in thin slices, and put it into a stewpan, with a white gravy, a little salt, shred mace, a pint of oysters, shred mushrooms, lemon-peel, 3 spoonfuls of white wine, and some lemon-juice ; shake all together, boil it and thicken with a little butter and flour. Lay a boiled fowl in the middle of the dish, and a few slices of crisp bacon round it,

CALF'S LIVER AND BACON, to fry.—Cut the liver in slices, fry it first, and then the bacon : lay the liver in a dish, and the bacon round it. Serve it up with gravy and butter, and a little lemon-juice.

CANNING, Berries, Plums, Cherries, Strawberries.

—Raspberries, blackberries, whortleberries, currants, cherries, and plums, need not be boiled over 10 to 15 minutes ; using sugar to make palatable in all cases ; as it must be put in some time, and it helps to preserve the fruit.

They require the same care in heating, cans, &c., as above, for peaches.

For strawberries, put sugar, $\frac{1}{2}$ lb., for each lb. of berries ; and proceed as for berries above.

Strawberries are so juicy, and have such a tendency to fermentation, that it is difficult to keep them. I found it so, until I used the amount of sugar above-named.

CARP, to fry.—Scale the carp, slit them in two, sprinkle them with salt, flour them, and fry them in clarified butter. Make a ragout with a good fish broth, the melts of the fish, artichoke bottoms cut in small dice, and half a pint of shrimps ; thicken it with the yolks of eggs, or a piece of butter rolled in flour, put the ragout into a dish, and lay your fried carp upon it. Garnish with fried appetizers, crisp parsley, and lemon.

CARROTS, to boil.—Scrape them clean and rub them in a clean cloth, slice them into a plate, and pour some melted butter over them, and garnish the dish with others, either whole or split down the middle. If they are spring carrots, half an hour will boil them ; if large, an hour.

CAUDLE.—Make gruel of groats ; when well boiled, stir it till cold. Add sugar, wine, brandy, and nutmeg.

CAULIFLOWERS, to boil.—Take off all the green part, and cut the flower close at the bottom from the stalk ; if it is large, or dirty, cut it into four quarters. Soak an hour in clean water ; put into boiling milk and water, or water only, and skim it well. When the flower, or stalks, left above it, feel tender, it is enough ; but it must be taken up before it becomes overdone. When enough, lay it

to drain in a eullender, and serve it up in a dish by itself, with melted butter in a basin.

CELERY.—Cut off the bottoms of 6 heads of celery, take off the outside stalks, pare the roots, make a batter with half a pint of white wine, the yolks of 3 eggs beaten fine, salt and nutmeg; into which dip every head, and fry them in butter; when done, pour melted butter over them.

CHAMPAGNE, *Sham; a Temperance Drink*.—Tartarie acid, 1 oz.; 1 good-sized lemon; ginger root, 1 oz.; white sugar, $1\frac{1}{2}$ lbs.; water, $2\frac{1}{2}$ gallons; yeast, 1 gill.

Sliee the lemon, bruise the ginger, mix all, except the yeast, pour boiling water upon them, and cool to blood heat; then add the yeast, and let it stand in the sun through the day; at night bottle, tying the corks.

CHEESE, *to pot*.—Pound $\frac{1}{4}$ lb. of Cheshire cheese, $1\frac{1}{2}$ ozs. of butter, a tea-spoonful of powdered-loaf sugar, a bit of mace, and a glass of sherry wine. Press it down in a deep pot.

CHEESE, *to roast*.—Grate $\frac{1}{4}$ lb. of fat Cheshire Cheese, mix with it the yolks of 3 eggs, $\frac{1}{4}$ lb. of grated bread, and $\frac{1}{4}$ lb. of butter. Mix them well together in a mortar, with mustard, pepper, and salt. Lay it thick upon toast, and let it brown in a Dutch oven. Some mix with the cheese, chopped onions, and a little chopped ham. Thus the matter may be varied.

CHEESECAKE MARMALADE. — Beat well 5 eggs; loaf sugar, 1 lb.; butter, $\frac{1}{4}$ lb.; 1 lemon finely cut up. Pnt all into a jar; and place it in boiling water for nearly an hour.

CHEESE-CAKES, *Rich*.—Warm a pint of cream, add 5 quarts of milk warm from the cow, and put a sufficient quantity of rennet to bring it to a curd; put the curd into a cloth, and let the whey drain from it; but do not squeeze it hard; when sufficiently dry, beat it in a mortar as fine as butter. Add $\frac{1}{2}$ lb. of sweet almonds blanched.

and the same of macaroons, and of Naples biscuits, beaten together into powder. Add to your ingredients the yolks of 9 eggs, well beaten, a nutmeg, and $\frac{1}{2}$ lb. of refined sugar. Mingle all well together, and melt $1\frac{1}{4}$ lb. of butter, and stir it well into it.

The paste must be made in the following manner:—Wet 1 lb. of fine flour with cold water, and roll it out, put in gradually 2 lbs. of butter, and shake a small quantity of flour upon each coat as you roll it. Make it as you use it. Some add currants, or perfumed plums.

CHERRY, PLUM, OR GOOSEBERRY PIE.—Make a good crust, lay a little round the sides of the dish, put sugar at the bottom, and lay in the fruit, with sugar on the top; bake it in a slack oven.

Make a plum, or a gooseberry pie in the same way. A custard is very good with the gooseberry pie.

CHICKENS, *to broil*.—Slit them down the back, and season with pepper and salt, lay them high, on a very clear fire, and let the inside be downward till they are half done; turn them, taking care that the fleshy side does not burn; throw over them some fine raspings of bread, and broil them to a fine brown. Let your sauce be good gravy, with mushrooms; garnish with lemon, and the livers and gizzards devilled.

CHICKEN CURRIE.—Cut up the chickens raw, slice onions, and fry them both in butter of a light brown. Cut each joint into 2 or 3 pieces, lay them in a stew-pan with veal or mutton gravy, and a clove or two of garlick. Simmer till the chicken is quite tender. Half-an-hour before you serve it, add to the stew a spoonful or two of currie, a spoonful of flour, and an ounce of butter with 4 large spoonfuls of cream. Garnish with lemon.

CHICKENS, *to fricassee brown*.—Cut up the chickens raw, as for eating, and flatten the pieces with a rolling-pin. Fry them of a light brown, put them into a stew-pan, with a sufficient quantity of gravy, 2 spoonfuls of sherry to 2 or 3 chickens, a little nutmeg and salt. Thicken it with

flour and butter. Garnish with sippets within the dish, and with crisp parsley on the rim.

CHICKENS, to fricassee white.—Half roast the chickens, cut them up as for eating, skin them, put the pieces into a stew-pan, with a little white gravy, the juice of a lemon, an anchovy, for every chicken, with a sufficient quantity of mace and nutmeg grated, and boil them. Take the yolks of 3 eggs, a little cream, and shred parsley ; put them into a stew-pan, with a lump of butter, and a little salt. Shake them while they are over the fire, but do not let them boil. Serve up on sippets, and garnish the dish with pickled mushrooms.

CHICKEN, to stew.—Cut 2 Chickens into quarters, wash and put them into a stew-pan with a pint of water, half a pint of port wine, mace, pepper, a bundle of sweet herbs, an onion, and a stale crust of bread. Cover close, and stew half an hour. Then put in a piece of butter as big as an egg, rolled in flour ; cover it again close for 5 or 6 minutes, and take out the onion and sweet herbs. Garnish with some lemon.

N. B.—Rabbits, partridges, &c., may be done the same way ; and it is the most appropriate way for sick or lying-in persons.

CHICKENS AND TONGUES.—Boil 6 chickens very white, take 6 pigs' tongues boiled and peeled, a cauliflower boiled whole in milk and water, and some spinach. Lay the cauliflower in the middle, the chickens close round, the tongues round the chickens, the roots outwards, and the spinach in small heaps between the tongues. Garnish with toasted bacon.

CHICKEN PIE.—Spread at the bottom of a dish slices of broiled ham ; cut up a broiled chicken, and place upon the ham ; pour in melted butter or gravy, a little curry powder, or a small quantity of chopped onion ; then add boiled rice to cover the top and the spaces between. Bake from 30 to 45 minutes.

CIDER CAKE.—Flour, 6 cupfuls ; sugar, 3 cup-

fuls ; butter, 1 cupful ; 4 eggs ; cider, 1 cupful ; saleratus, 1 teaspoonful ; 1 grated nutmeg.

Beat the eggs, sugar, and butter together, and stir in the flour and nutmeg ; dissolve the saleratus in the cider, and stir into the mass and bake immediately.

CIDER, *that will keep long*.—Place in a keg or barrel, cold water, 20 gallons ; brown sugar, 15 lbs., and tartaric acid, $\frac{1}{2}$ lb. only, not using any yeast, but if you have them, put in 2 or 3 lbs. of dried sour apples, or boil them, and pour in the expressed juice ; without the yeast it will keep, in a cool cellar, for several weeks, even in summer. The darker the sugar the more natural will be the colour of the cider.

CIDER WINE.—Let the new cider from sour apples ferment from 1 to 3 weeks. When it has attained to a lively fermentation, add to each gallon, according to its acidity, from $\frac{1}{2}$ lb. to 2 lbs. of white sugar, let the whole ferment to the taste desired. In this state pour out a quart of the cider, and add for each gallon $\frac{1}{4}$ oz. of *sulphite of lime*, not sulphate. Stir till intimately mixed, and return the mixture to the fermenting liquid. Agitate briskly a few moments, and then let the cider settle. Fermentation will cease. When the cider has become clear, bottle. Loosely cork, it will become a sparkling cider wine, which may be kept a long time.

The wine, thus made, is very superior.

CLARIFIED SUGAR.—Put 4 lbs. of loaf-sugar to 2 quarts of water over the fire ; when warm, add the whites of 3 eggs beaten up with half a pint of water. Boil, skim, simmer it, and pass it through a fine straining bag.

COD, *to boil*.—Gut and wash the fish inside and out, and rub the back-bone with a handful of salt ; boil it gently till it is enough, and the liver with it. Garnish with scraped horse-radish, small fried fish, and sliced lemon. Use oyster, shrimp, or lobster sauce.

COD, *Crimped, to boil*.—Throw slices into spring

water and salt ; set over the fire a large fish-kettle, with spring water, and salt sufficient to make it brackish : boil quick, put in your slices of eod, and keep them boiling ; in about 8 minutes the fish will be enough : take carefully up, and lay on a fish-plate. Garnish with horse-radish, lemon, and green parsley. Serve with shrimp and oyster-sauce.

COD, *Crimp, to boil*.—Take large slices, flour them, and send them to table of a fine brown, with lobster, anchovy, oyster, or shrimp-sauce.

COD, *to fricassee*.—Take the sounds. blanch and cut them into little pieces. If they are dried sounds boil them tender. Get some roes, blanch them, cut them into round pieces an inch thick, with an equal quantity of the liver. Boil a piece of eod for the middle. Put them into a stew-pan, season with beaten mace, grated nutmeg, and salt, a few sweet-herbs, an onion, and a quarter of a pint of fish broth, or boiling water : cover them close, and stew them a few minutes, put in $\frac{1}{2}$ pint of port wine, a few oysters, with the liquor strained, and a piece of butter rolled in flour ; shake the pan round, and let them stew gently till enough. Take out the sweetherbs and onion, dish it up. Garnish with lemon.

COD, WHITING, OR HADDOCK. *to broil*.—Flour them ; set your gridiron high over a quick fire, and broil them of a fine brown. Serve with lobster-sauce.

COD'S HEAD, *to boil*.—Tie it round with pack-thread, to keep it from flying, put a fish kettle on the fire large enough to cover it with water ; put some salt, a little vinegar, and some horse-radish sliced, into your kettle ; when your water boils, lay your fish upon a drainer, and put it in the kettle ; let it boil gently till it rises to the surface of the water, which it will do, if your kettle is large enough, set it to drain, and slide it carefully off your drainer into your fish-plate. Garnish with lemon, and horse-radish scraped. Serve with oyster and shrimp-sauce.

COLD MEATS, to Cook.—Chop the meat fine, season with salt, pepper, a little onion, or else tomato ketchup. Fill a tin bread-pan two-thirds full; cover it over with mashed potatoes which have been salted, and had milk in; lay bits of butter over the top and set it into a Dutch or stove oven for 15 or 20 minutes.

COTTAGE PUDDING.—Three tablespoonfuls of sugar; a cupful of rich and sweet milk, 1 oz. of butter, melted; $1\frac{1}{2}$ teaspoonfuls of cream of tartar; 1 teaspoonful of carbonate of soda; 1 lb. of fine flour. Mix well. Boil nearly an hour. Use butter sauce sweetened, improved with a little raspberry vinegar. If you like, add currants.

CRACKERS.—Butter, 1 cupful; salt, 1 teaspoonful; flour, 2 qts.

Rub thoroughly together with the hand, and wet up with cold water; beat well; and beat in flour to make brittle and hard; then pinch off pieces and roll out each cracker by itself, if you wish them to resemble bakers' crackers.

CRACKERS, Sugar.—Flour, 4 lbs.; loaf sugar and butter, of each $\frac{1}{2}$ lb.; water, $1\frac{1}{2}$ pints. Make as above.

CREAM PUDDING.—*American—Good.*—Milk, 1 quart; flour, 5 tablespoonfuls, 6 eggs; salt, 1 teaspoonful. Boil the milk, moisten the flour with cold milk; add to the hot milk, and boil 3 minutes; add the eggs, and boil up half a cupful of sugar; flavour as you like; turn into a dish for the table, and strew it with powdered sugar.

CUCUMBERS.—Slice an equal quantity of cucumbers and onions, fry them together in butter. Drain them, put them into a pan, with a gill of gravy, 2 spoonfuls of white wine, and a blade of mace; stew them 5 minutes, add a piece of butter rolled in flour, salt, and pepper. Shake them till of a good thickness, and serve them up.

CUCUMBERS, to Pickle.—Pick each morning, stand in weak brine 3 or 4 days, putting in mustard pods and horseradish leaves to keep them green. Then take out and drain, covering with vinegar for a week; at which time

take out and drain again, putting into new vinegar, adding mustard seed, ginger root, cloves, pepper, and red pepper pods, of each 1 or 2 ozs.; or to suit different tastes, for each barrel.

CULLIS, *Family*.—Take a piece of butter rolled in flour, stir it in your stewpan till the flour is of a fine yellow colour; then put in some good gravy, a glass of white wine, a bundle of parsley, thyme, laurel, sweet basil, two cloves, some nutmeg or mace, a few mushrooms, pepper, and salt. Stew it an hour over a slow fire, skim all the fat clean off, and strain it through a sieve.

CURRENTS, *to preserve*.—Take the weight of the currants in sugar, to each pound of sugar add half a pint of water, put in your currants, and let them do leisurely: skim them, and take them up; let the syrup boil, put them on again, and when they are clear, and the syrup thick, take them off. When cold, put them into glasses.

CURRENT JELLY.—Strip the currants from the stalks, and put them into a stone-jar: stop it close; set it in a kettle of boiling water half-way up the jar; boil it half-an-hour; and strain the juice through a hair sieve. To a pint of juice put a pound of sugar; set it over a quick clear fire in a preserving pan. Keep stirring it till the sugar is melted, and skim the scum off as fast as it rises.

When the jelly is clear and fine, pour it into China cups. When cold, cut pieces of white paper the bigness of the top of the pot, dip them in brandy, lay them on the jelly; cover the top close with a piece of white paper, and prick it full of holes. Set it in a dry place.

CURRENT PASTE.—Pick your currants, and put a little juice to them; boil it a quarter of an hour, rub them through a hair sieve, and to a pint of juice put 1½ lb. of double refined sugar, pounded and sifted. Shake in your sugar, and when melted pour it on plates. Dry it in a stove, and turn it in forms.

CURRENT WINE.—Let your currants be ripe, and gathered on a dry day. Strip them, put them into a

large pan, and bruise them with a wooden pestle. Let them stand in a vessel 24 hours to ferment, then run through a hair sieve. To every gallon of this liquor put $2\frac{1}{2}$ lbs. of white sugar, stir well together and put it into your vessel. To every 6 gallons put in a quart of brandy ; to stand 6 weeks. When fine, bottle it ; otherwise draw it off clear into another vessel, and in a fortnight put it into smaller bottles.

CURRY.—Cut up 2 rabbits, or chickens, as for a fricassee ; fry them of a light brown, and stew them in gravy. Put in a large spoonful, or two of curry powder, according to the quantity of meat : add grated ginger, turmeric, and Cayenne pepper. When sufficiently stewed, thicken it with butter rolled in flour, and some cream. Add lemon-juice, shallots, and garlic, and garnish with lemon.

CURRY POWDER.—Take mustard seed, $1\frac{1}{2}$ oz.; coriander seed, 4 ozs.; turmeric, $4\frac{1}{2}$ ozs.; black pepper, 3 ozs.; lesser cardamoms, 1 oz.; ginger, $\frac{1}{2}$ oz.; cinnamon, 1 oz. cloves, $\frac{1}{2}$ oz.; and mace, $\frac{1}{2}$ oz. All these ingredients must be first made into a fine powder, then mixed well together, and kept in a wide mouthed bottle, close stopped for use.

CUSTARD, *An Agreeable.*—Sweeten a quart of new milk to your taste ; grate in a little nutmeg, beat up 6 eggs, (leaving out half the whites) stir them into the milk, and put them into a deep china dish. Have a pan of water boiling, set the cups in, let the water come half-way up, but if it boils too fast, it will get into the cups. Add a little rose-water and French brandy.

CUSTARD, *Cheap.*—Milk, 1 quart ; mix in it 3 ozs. of “Maizena,” or Corn Flour and 3 eggs, well beaten ; add a little buttter, and 4 table spoonfuls of sugar. Flavour according to taste, and boil 8 or 10 minutes. Pour into a pie dish, and brown it before the fire.

CUSTARD PUDDING.—Mix 2 spoonfuls of fine flour, half a nutmeg grated, a little salt and sugar, 6 eggs well beaten in a pint of cream, or new milk. Boil it in a cloth half-an-hour, and serve it up with plain melted butter.

D

DAMSONS, to preserve.—Take the weight of them in sugar, and sufficient water to cover them ; boil them a little, being closely covered, turning them, that they may not spot. Suffer them to boil no faster than the syrup under them. When they are boiled tender, take them up, and boil the syrup till it is thick ; then put it and the damsons into the glasses. Split the damsons.

DAMSONS, PEARS, PLUMS, &c., to keep for Tarts, Pies, &c.—Gather them when full grown, just as they begin to turn. Save two-thirds of the fruit ; to the other third put as much water as will cover it ; when the fruit is boiled soft, strain it through a hair sieve, and to every quart of liquor put $1\frac{1}{2}$ lbs. of sugar, boil and skim it well ; put in your fruit, give it a scald, take it off the fire, and when cold, put into wide-mouthed bottles, pour the syrup over, lay on pieces of white paper, and cover the bottles with oil.

DAMSON WINE.—Gather the damsons dry, weigh and bruise them ; put them into an earthen pot that has a faucet ; add to every 8 lbs. of fruit a gallon of water ; boil the water, skim it, and pour it on your fruit scalding hot ; let it stand 2 days ; draw it off, and put it into a vessel fit for it, and to every gallon of liquor put $2\frac{1}{2}$ lbs. of fine sugar, let the vessel be full, and stop it close ; the longer it stands the better ; it will keep a year in the vessel ; bottle it off. Put a small lump of refined sugar in each bottle.

DANDELION BEER.—Dandelion roots, $\frac{1}{2}$ lb. ; water, 1 gallon ; chopped raisins, (if you like,) 1 lb. ; boil well, and when it has become new-milk warm, add $\frac{1}{2}$ lb. of sugar, 1 oz. each of ginger and cream of tartar, and a sliced lemon ; work with a little yeast at night, and bottle next morning. This is most excellent for affections of the liver. Nettles, balm, and other beer may thus be made into very pleasant summer drinks.

DRINK, refreshing.—Pour a tablespoonful of capillaire, and 1 of vinegar into a tumbler of cold spring water.

DUCKS, *to choose*.—The legs of a fresh killed duck are limber ; and if it be fat, its belly will be hard and thick. The feet of a stale duck are dry and stiff. The feet of a tame duck are inclining to a dusky yellow, and are thick. The feet of a wild duck are smaller than a tame one, and are of a reddish colour. Ducks must be picked dry ; but ducklings should be scalded.

DUCKS A-LA-MODE.—Cut 2 ducks into quarters, and fry to a light brown. Pour off the fat, dust flour over, add $\frac{1}{2}$ pint of gravy, a quarter of a pint of port wine, an anchovy, 2 shallots, and a bundle of sweet herbs ; cover and stew them a quarter of an hour. Take out the herbs, skim off the fat, and thicken with butter rolled in flour. Pour the sauce over the ducks, and garnish with lemon.

DUCK AND GEESE, *to pot*.—See *Turkey, to pot*.

DUCKS AND GEESE, *to roast*.—Geese and ducks are dressed generally the same as *Green Goose*, with a force-meat of sage and onion. A full-grown goose will take 1 hour and 20 minutes ; if young, an hour. A good fire will roast ducks in 20 minutes.

DUCKS, *to stew*.—Put them into a stew-pan, with strong beef gravy, a glass of red wine, a little whole pepper, an onion, an anchovy, and some lemon-peel. Thicken the gravy with butter and flour, and serve up all together, garnished with shallots.

DUCK, *with green peas*.—Half roast a duck. Put it into a stew-pan, with a pint of good gravy, and 3 or 4 sage leaves cut small. Cover it close, and let the duck continue in the pan for half an hour. Put a pint of green peas, boiled as for eating, into the pan, and thicken the gravy. Dish up the duck, and pour the gravy and peas over it.

DUMPLING, *Hard*.—Mix flour and water, and a little salt, like paste. Roll it into balls as big as a turkey's egg. Have a pan of boiling water ready, Throw the balls of paste into the water, having first rolled them in flour. Eat them with butter.

DYSPEPTICS' BISCUIT AND COFFEE.—Take unsifted flour, 2 qts. ; corn meal sifted, 1 qt. ; butter, $\frac{1}{2}$ cup ; molasses, 1 cup ; sour milk to wet it up with and a little baking powder.

Roll out and cut with a tea-cup, and bake as other biscuit ; and when cold they are just the thing for dyspeptics.

For the Coffee.—Continue the baking of the above biscuit in a slow oven for 6 or 7 hours, or until they are browned through like coffee. Reduce to powder.

Directions.—One biscuit boiled $\frac{3}{4}$ of an hour will be plenty for 2 or 3 cups of coffee, and 2 for 6 persons ; serve with cream and sugar as other coffee.

Dyspeptics should chew very fine and slowly, not drinking much until the meal is over ; then sip the coffee at their leisure, not more than one cup, however. This will be found very nice for common use, say with one-eighth coffee added ; hardly any would distinguish the difference between it and that made from coffee alone.

E

EELS, to broil.—They may be prepared in the same manner as for roasting. Use anchovy sauce, and garnish with lemon.

EELS, to collar.—Scour eels with salt, slit them down the back, and take out the bones ; wash and dry them, season them with savoury spice, minced parsley, thyme, sage, and onion ; roll each in collars, in a cloth, and tie them close. Boil them in water and salt, with the heads and bones, $\frac{1}{2}$ pint of vinegar, a bunch of herbs, some ginger and a little isinglass ; when tender, take them up, tie them close again, and strain the pickle, and keep the eels in it.

EELS, to fry.—Skin, clean, split them and cut them in pieces ; let them lie for 3 hours in a pickle made of vinegar, salt, pepper, bay-leaves, sliced onion, and juice of lemon ; dredge them well with flour, and fry them in clari-

fied butter ; serve them dry, with fried parsley, and lemon for garnish.—Sauce, plain butter.

EGGS, *to Fricassee, Brown*.—Boil 10 eggs hard, take off the shells, and fry them in butter, of a fine brown ; pour the fat from the pan, put in some flour, and a piece of butter, stir it till of a fine brown : pour in some boiling water, a gill of Madeira, pepper, salt, and beaten mace ; boil all together till of a good thickness ; scum it, and squeeze in a small orange ; cut some of your eggs in half, lay the flat side uppermost, and the whole ones between ; pour the sauce over. Garnish with fried parsley, and a Seville orange cut in slices.

EGGS, *to Fricassee, White*.—Boil 10 eggs hard, take off the shells, cut some in halves, and some in quarters ; have ready $\frac{1}{2}$ pint of cream, a piece of butter, a little nutmeg, a glass of white wine, and a spoonful of chopped parsley ; stir all together over a clear fire till it is thick and smooth, lay the eggs in the dish, and pour the sauce over. Garnish with oranges quartered, and toasted sippets.

EGGS, *to fry nicely*.—Three eggs ; flour, 1 table-spoonful ; milk, 1 cupful.

Beat the eggs and flour together, then stir in the milk. Have a pan with butter in it, made hot, for frying this mixture ; then pour it in, and when one side is done brown, turn it over, cooking slowly ; if you like, stir in a little salt.

EGGS, *to increase the laying of*.—‘ For several years past I have spent a few weeks in August on the Kennebec river in Maine. The lady with whom I have stopped has a ‘hennery,’ and she told me that for many years she had given to her hens, with the commonest food ;

“ Cayenne pepper, pulverized, at the rate of 1 tea-spoonful each alternate day to 1 dozen fowls.

“ Last season, when I was with her, each morning she brought in about 14 eggs, having but 16 hens. She oft experimented by omitting to feed with the Cayenne for 2 or 3 days. The consequence was, that the product of eggs

fell off 5 or 6 per day. The same effect of using the Cayenne is produced in winter as in summer."

EGGS, *to preserve for Winter use*.—For every 3 gallons of water, put in 1 pint of fresh slaked lime, and salt from 1 to 2 pints; mix well, and let the barrel be about half full of this fluid, then put in the eggs without cracking the shells.

In this way eggs have been kept 2, and even 4 years, at sea. A piece of board may be left across the top of the eggs, and a little lime and salt laid upon it, which will keep the fluid as strong at the top as at the bottom. They must be kept covered with the brine. Thus eggs can be had for winter use at summer prices. I have put up 40 dozen eggs in this way, with entire success.

Old English Method.—"Put into a tub 1 butt Winchester measure of quick lime; salt, 2 lbs.; cream of tartar, 8 ozs. Use as much water as will give that consistency to the composition as will cause an egg to swim. Keep the eggs therein, which will preserve them sound 2 years.

J. W. Cooper M. D's, Method of Keeping and Shipping Game Eggs.—"Dissolve some gum shellae in a sufficient quantity of alcohol to make a thin varnish, give each egg a coat, and after they have become dry, pack them in bran or saw-dust, with their points downwards, so that they cannot shift about. Before using, wash the varnish off, and they will be fresh, ready for eating or hatching."

EGG PIE.—Shred the yolks of 20 hard eggs, with the same quantity of marrow, and beef suet; season it with sweet spice, citron, orange and lemon; fill and close the pie.

EGG SAUCE.—Boil 2 eggs till they are hard: chop the whites and yolks, but not very fine. Add to them a quarter of a pound of melted butter, and stir them well together.

EGGS, *Sex of*.—Mr. Genin affirms that the eggs containing the germ of males, have wrinkles on their smaller ends, while female eggs are smooth at the extremities.

EGGS, *Uses of*.—An egg broken into a cup of coffee, or beaten up, and mixed with a basin of milk, makes a very nutritious breakfast.

An egg divided, and the yolk and the white beaten separately, then mixed with a glass of wine, will afford two very wholesome draughts, and be much better than when taken together.

Beat up a new laid egg, and mix it with a quarter of a pint of new milk warmed, a spoonful of capillaire, one of rose-water, and a little nutmeg. It should not be warmed after the egg is put in. Take it the first and last thing.

ELDER WINE, *Red or White*.—Gather the elder-berries ripe and dry, pick and bruise them with your hands, and strain; set the liquor by in vessels for 12 hours to settle; put to every pint of juice $1\frac{1}{2}$ pints of water, and to every gallon of this liquor 3 lbs. of sugar; set it in a kettle over the fire, and when ready to boil, clarify it with the whites of 4 or 5 eggs; boil an hour, and when it is almost cold, work it with strong ale-yeast, and tun it, filling up the vessel from time to time with the same liquor, saved on purpose, as it sinks by working. In a month's time, if the vessel holds about 8 gallons, it will be fine, and fit to bottle, and after bottling, will be fit to drink in 2 months: but if the vessel be larger, it must stand longer in proportion, 3 or 4 months, at least for a hogshead.—*Note.* All liquors must be fined before they are bottled, or else they will grow sharp, and ferment in the bottles. It will keep better with a little brandy.

EXETER BUNS.—Flour, $1\frac{1}{2}$ lb.; butter, 1 lb. beaten to a cream; brown sugar, 1 lb.; currants, $\frac{1}{2}$ lb.; 8 eggs, well beaten, a grated nutmeg; and $1\frac{1}{2}$ teaspoonful of baking powder. Bake in a slow oven.

F

FAVOURITE PUDDING.—Flour, finely chopped suet, currants or stoned raisins, of each, $\frac{1}{2}$ lb.; sugar, 3 ozs.; 2 eggs, well beaten, a cupful of milk, and a little

salt. Mix well, and bake in a pie-dish half an hour. Season as you like.

FISH, to boil.—The boiling of fish in general is very simple; and there are but a few sorts which cannot be plainly dressed; nothing more is necessary than to put them into boiling spring water, a little salted, and to garnish with parsley and horse-radish.

With respect to flat fish, great care should be taken, they being so liable to break; drain them well, and cut the fins off.

FISH, to choose.—Of *Salmon, Trout, Haddock, Cod, Mackarel, Herrings, Whiting, Carp, Tench, Pike, Graylings, Smelts, Ruffs, Shads, &c., &c.*, it may be remarked that if their gills smell well, are red, and difficult to open, and their fins tight up, their eyes bright, and not sunk in their heads, they are fresh.

FISH GRAVY.—Take 2 or 3 eels, skin, gut, and wash them from grit; cut them into small pieces, cover them with water in a sauce-pan, a little crust of bread toasted brown, a blade or two of mace, some whole pepper, sweet herbs, and a bit of lemon-peel; let the liquor boil till it is rich; have ready a piece of butter according to your gravy; if a pint, the size of a walnut. Melt it in a saucepan, shake in a little flour, and toss it about till it is brown, and strain the gravy into it; boil a few minutes, and it will be good.

FLAT FISH, to fry.—Dry the fish well, rub them over with the yolk of an egg, and dust over some flour; let the butter, or lard, be ready to boil before the fish is put in. Fry them on a quick fire, to a fine brown. Before they are dished up, lay them upon a drainer before the fire for 2 or 3 minutes, which will prevent their eating greasy. Serve them with anchovy, or soy-sauce.

FLOUR PUDDING.—Take wheat flour sufficient to make a good pan of biscuit, and mix it up as for bisenit, with sour milk, saleratus, and a little butter or lard, roll out rather thicker than for pie-crust; now having your

apples or peaches nicely stewed, wet the crust over with the "Pie Crust Glaze," then spread a layer of the fruit upon it, adding a little sugar, as it lies upon the table; and if you choose, scatter over them a handful of raisins, or any other of the dried fruits mentioned; roll up the whole together, and boil 1 hour.

Eaten with any sauce you may prefer.

FORCEMEAT.—Forcemeat is a principal ingredient in cookery, and imparts an agreeable flavour in whatever dish it is used. The articles principally in request for this purpose are, fowl, veal, the inside of sirloin of beef, ham, bacon, suet, bread, parsley, and eggs. To vary the taste of these ingredients, may be added penny-royal, savoury, tarragon knotted, marjoram, thyme, basil, garlic, shallot, olives, oysters, anchovy, salt, Jamaica pepper, cloves and nutmeg. In making forcemeat, observe that no one article should predominate; but if various dishes are served on the same day, the varied taste of the forcemeat should be attended to.

FORCEMEAT BALLS.—Veal, $\frac{1}{2}$ lb.; suet, $\frac{1}{2}$ lb.; cut fine, beat them in a marble mortar, shred in a few sweet herbs fine, a little mace dried, a nutmeg, grated, a little lemon peel cut fine, pepper, salt, and the yolks of 2 eggs. Mix well together; roll some of it in little round balls, and some in long pieces. Roll them in flour, and fry them a good brown. If for the use of white sauce, do not fry them, but put a little water into a saucepan, and when it boils, put them in a few minutes.

FOWLS, a la braise.—Truss the fowl as for boiling, season with mace, nutmeg, pepper and salt. Put a layer of bacon at the bottom of the stew-pan, one of veal, then the fowl: an onion, cloves, sweet herbs, with a piece of carrot. Put at the top a layer of bacon, another of veal, and a third of beef; cover close, and let it stand over the fire 3 minutes; pour in a pint of common gravy; and stew an hour: take up the fowl, strain the sauce, skim-off the fat, and boil down till it is of a glaze; and put it over

the fowl. Add a ragout of sweetbreads, mushrooms, with forcemeat balls.

FOWLS, *to boil*.—Draw, cut off the head, neck, and legs ; truss, singe, and dust them with flour, put into cold water, cover the pot close, set it on the fire, and boil 20 minutes ; take off, and the heat of the water will do them enough in 10 minutes more. Serve with parsley and butter, or oyster-sauce.

FOWL, *to hash*.—Cut up the fowl, divide the legs, wings, breast, &c., into 2 or 3 pieces each ; put them into a stew-pan, with a blade of mace, a little shred lemon-peel ; dredge on a little flour and put in some gravy ; when it begins to simmer, put in a few pickled mushrooms, and a lump of butter rolled in flour. Let it boil, give it a toss or two, and put it into the dish. Garnish with sliced lemon.

FOWLS, *to roast*.—Put them down to a good fire, singe, dust, and baste them well with butter. They are served with brown gravy, and will take from 20 minutes to $\frac{3}{4}$ of an hour roasting, in proportion to the size. Pour gravy into the dish, and serve them with either oyster or egg sauce.

FRENCH BEANS, *to boil*.—String your beans, cut them in two, then across, and sprinkle them with salt. When the water boils, put them in, and boil them up quick. If they are very young, only take off the ends, and cut them in two.

FRENCH BEANS, *to pickle*.—Gather them before they have strings, put them in a very strong brine of water and salt till they are yellow, drain them from the brine, put boiling hot vinegar to them, and stop them close 24 hours ; do so 4 or 5 days following, and they will turn green ; put to a peck of beans $\frac{1}{2}$ oz. each of cloves, mace, and pepper.

FRENCH BEANS, *Ragout*.—Cut and string a $\frac{1}{4}$ peck of beans. Cut them across in 3 pieces, lay them in salt and water, for a $\frac{1}{4}$ of an hour : dry and fry them

brown: when done, pour off the fat, and put in a $\frac{1}{4}$ pint of boiling water; while boiling, put in a $\frac{1}{4}$ lb. of fresh butter rolled in flour, 2 spoonfuls of ketchup, 1 of mushroom-pickle, 4 of white wine, an onion stuck with cloves, beaten mace, grated nutmeg, pepper, and salt. Stir a few minutes, and put in the beans. Shake the pan till the whole is well mixed, take out the onion, and put the whole into your dish.

FRENCH HONEY.—White sugar, 1 lb.; 6 eggs, leaving out the whites of 2; the juice of 3 or 4 lemons, and the grated rind of 2; and $\frac{1}{4}$ lb. of butter. Stir over a slow fire until it is about the consistency of honey.

FRENCH ROLLS, to make.—Rub into 1 lb. of flour, $1\frac{1}{2}$ oz. of butter, 1 egg well beaten, a little very good yeast, and as much milk as will make it a dough not too stiff; beat it well, but it should not be kneaded; leave it to rise, then bake it in tins.

FRITTERS, good.—Mix $\frac{1}{2}$ pint of cream very thick with flour; beat 6 eggs, leaving out 4 whites, and 6 spoonfuls of sherry, strain them into the cream; put in a little grated nutmeg, ginger, cinnamon, and salt; put in another $\frac{1}{2}$ pint of cream, and beat the batter an hour; slice your apples thin, dip every piece in the batter, and throw them into a pan with boiling lard.

FRITTERS, Orange.—Pare 5 or 6 oranges, cut them in quarters, take out the seeds, and boil them with a little sugar: make a paste with sherry wine, flour, and a spoonful of fresh butter melted; mix it a proper thickness; it should rope in pouring it from the spoon. Dip the quarters of your orange into this paste, and fry them in lard till of a light brown. Serve them glazed with sugar, and a salamander.

FRITTERS, royal.—Put a quart of new milk into a saucepan, when it begins to boil put in a pint of sherry wine. Let it stand 5 or 6 minutes; skim off the curd, put it into a basin: mix it well with 6 eggs, and season it with a nutmeg. Beat it with a whisk, and add flour to

make it the thickness of batter ; add some sugar, and fry them quick.

FROSTING, OR ICING, FOR CAKES.—The whites of 8 eggs beat to a perfect froth and stiff ; pulverized white sugar, 2 lbs. ; starch, 1 tablespoonful ; pulverized gum arabic, $\frac{1}{2}$ oz. ; the juice of 1 lemon.

Sift the sugar, starch, and gum arabic into the beaten eggs, and stir well and long. When the cake is cold lay on a coat of the frosting. Next day, make more frosting, and apply a second coat, and it will be white, clear, and beautiful. And by dipping the knife into cold water as applying, you can smooth the frosting very nicely.

FRUIT CAKE.—Butter, flour, sugar, 1 lb. of each ; a cupful of treacle and saleratus to make it foam ; 4 or 5 lbs of fruit ; citron, 1 lb. ; brandy and wine as desired, cloves, cinnamon and mace. Bake 5 or 6 hours in a slow oven.

FRUIT CAKE.—Butter, currants, eggs and flour, of each 5 lbs. Mix as in the bride cake. Bake in about 6 cakes.

FRUITS IN JELLY. — Put half a pint of clear calves' feet jelly, when stiff, into a bowl ; lay in 3 peaches or apricots, and a bunch of grapes, with the stalks upward. Put vine leaves over, and fill up the bowl with jelly. Let it stand a day, and then set it to the brim in hot water. When it gives way from the basin lay your dish over it, turn your jelly carefully out, and serve.

FRUITS, *to preserve all kinds for a year.*—Mix equal quantities of honey and water, and immerse your fruit in it, keeping it close covered. Wash the fruits before served for a desert. Put a little brandy to float at the top of the jar.

G

GINGER BEER.—Bruised ginger, $1\frac{1}{2}$ oz. ; cream of tartar, 1 oz. ; fine sugar, 1 lb. ; pour into the vessel upon them 1 gallon of boiling water ; when nearly cold,

add a tablespoonful of good yeast ; skim, and bottle ; keep in a cool place for a few days, when it will be very ripe.

GINGER BEER.—White sugar, 5 lbs. ; lemon-juice, 1 gill ; ginger, bruised, 5 ozs. ; water, 4½ gals.

Boil the ginger 30 minutes in 3 quarts of water ; add the other ingredients, and strain, when cold, put in the white of an egg, well beaten, with 1 teaspoonful of lemon essence—let it stand 4 days, and bottle. It will keep for months—the honey operates mildly in place of the yeast.

GINGERBREAD, *very nice and soft*.—Flour, 4 cupfuls ; treacle, 2 cupfuls ; butter, ½ a cupful ; butter-milk, 2 cupfuls ; cream, 1 cupful ; 3 eggs, a tablespoonful of ginger, and the same of saleratus or bi-carbonate of potash. Mix all together except the butter-milk, in which the saleratus must be dissolved, and then added to the rest. Bake immediately.

GINGERBREAD CAKES.—Powdered ginger ½ oz. ; flour, 2 lbs. ; brown sugar, 2 ozs. ; treacle, 1 lb. ; butter, 8 ozs.—Rub well together, roll out and cut into cakes with a shape, and bake in a moderate oven.

The above made with oat meal is a very agreeable aperient for children.

GINGERBREAD SNAPS.—Flour, 2 lbs. ; treacle, 1 lb. ; sugar, 1 lb. ; butter, from ½ lb. to 1 lb. ; ginger, ¾ oz. ; essence of lemon, 30 drops ; saleratus, or potass, size of a walnut, dissolved in a little hot water.

GINGER CAKE.—Molasses (or treacle) 2 cupfuls ; butter, or one half lard, 1½ cupful ; sour milk, 2 cupfuls ; ground ginger, 1 teaspoonful ; saleratus, 1 teaspoonful.

Powder the saleratus ; mix all in a suitable pan ; stir and work in so much flour that you can roll them ; roll out thin ; wet the tops of the cakes with treacle and water mixed ; this washes off the dry flour, and causes them to bake a nice brown, and to keep moist ; put into a quick oven, and ten minutes will bake them. Take out as soon as nicely brown.

GINGER CAKES, *for cold weather*.—Break 3 eggs

in a basin, beat well, and add half a pint of cream, which must be beaten with them ; put the whole into a saucepan over the fire, to be stirred till warm ; then add 1 lb. of butter, $\frac{1}{2}$ lb. of loaf sugar, $2\frac{1}{2}$ ozs. of ginger, both powdered, carefully stirring the whole over a slow fire, just to melt all the butter ; pour it on 2 lbs. of flour, and form it all into a good paste, roll and shape it as you think proper, and bake it.

GINGER DROPS.—Beat in a marble mortar, 1 oz. of the best candied orange-peel with a little loaf sugar, and when it becomes a smooth paste, add $\frac{1}{2}$ lb. of loaf sugar, and $\frac{1}{2}$ oz. of the best powdered ginger. Then, with a little water to dissolve the sugar, boil the whole to a candy, and drop it off from the point of a knife on writing paper in small round drops.

GINGERETTE, *Spanish*.—To each gallon of water put 1 lb. of white sugar ; $\frac{1}{2}$ oz. of best bruised ginger root ; $\frac{1}{4}$ oz. of cream of tartar, and 2 lemons sliced.

DIRECTIONS.—In making 5 gallons, boil the ginger and lemons 10 minutes, in 2 gallons of the water ; the sugar and cream of tartar dissolve in cold water, mix all, and add $\frac{1}{2}$ pint of good yeast ; ferment over night, strain and bottle in the morning.

This is a valuable recipe for a cooling and refreshing beverage. It is recommended to persons suffering with dyspepsia or sick headache.

GINGER POP.—Water, $5\frac{1}{2}$ gals. ; ginger root, bruised, $\frac{1}{4}$ lb. ; tartarie acid, $\frac{1}{2}$ oz. ; white sugar, $2\frac{1}{2}$ lbs. ; whites of 3 eggs, well beaten ; lemon oil, 1 teaspoonful ; yeast, 1 gill.

Boil the root 30 minutes in 1 gallon of water, strain off, and put the oil in while hot ; mix. Make over night, and in the morning strain and bottle.

GINGER SNAPS.—Take a pint of treacle, and 3 ozs. of butter ; boil together ; when cool, add 2 ozs. of ginger, a tablespoonful of soda, and flour sufficient. Roll thin and bake.

GINGER WINE.—Alcohol, 1 quart; best ginger root, bruised, 1 oz. ; cayenne, 5 grains ; tartaric acid, 1 drachm ; let it stand 1 week and filter. Then add 1 gallon of water in which 1 lb. of sugar has been boiled. Mix when cold. Colour with cochineal and alum, previously made.

This wine is very wholesome, and a gallon of it will not cost more than a pint of many wines sold for medicinal purposes. Let a man, having a bad cold, drink half a pint of this wine hot, on going to bed, bathing his feet in hot water, 15 minutes, and cover up warm, and sweat until morning ; then wash the body with cool water, rubbing briskly with a coarse dry towel for 5 minutes, and he will be free from his cold. Women and children should take less in proportion to age and strength. Women in a weakly state, with little appetite, and spare in flesh, from indigestion, will find entire relief by taking half a wineglassful of this wine a little before meals, for a month or two, according to their improved condition.

GOLD CAKE.—Yolks of 1 doz. eggs ; flour, 5 cups ; white sugar, 3 cups ; butter, 1 cup ; cream or sweet milk, $1\frac{1}{2}$ cups ; soda, $\frac{1}{2}$ teaspoonful ; cream of tartar, 1 teaspoonful. Bake in a deep loaf pan.

Beat the eggs with the sugar, having the butter softened by the fire ; then stir it in ; put the soda and cream of tartar into the cream or milk, stirring up and mixing all together ; then sift and stir in the flour.

The gold and silver cakes dropped as directed in the "Marbled Cake," give another variety.

GOOSEBERRIES, to preserve. The same as *Damsons*, which see.

GOOSEBERRY VINEGAR.—Take 3 gallons of water, and 4 quarts of gooseberries bruised, place the whole in a tub for 3 days, stir often ; strain off, and add to every gallon of liquor 1 lb. of coarse sugar ; pour the whole into a barrel with a toast and yeast. (The strength can be increased to almost any required degree, by adding more fruit and sugar.) It must be placed in the sun, and the bung-hole covered as before mentioned.

GOOSEBERRY WINE.—Gather gooseberries in a dry season, when half ripe, pick and bruise them in a tub with a wooden mallet, for metal is not proper; take a peck of gooseberries; put them into a horse hair cloth, and press them much, without breaking the seeds: add to this pressed juice the other in the tub; add to every gallon 3 lbs of sugar, stir together till all the sugar is dissolved, and then put it in a vessel, which must be filled with it. If the vessel holds about 10 gallons, it must stand a fortnight or 8 weeks; to settle in a cool place: draw off the wine from the lees. Then return the clear liquor into the vessel; and let it stand 3 months, if the cask is about 3 gallons; or between 4 and 5 months, if it be 20 gallons, and bottle it. This wine will improve every year, and keep good for many years,

GOOSE, *to roast*.—Take a few sage-leaves and 2 or 3 onions, and chop them very fine. Mix them with a large piece of butter, 2 spoonfuls of salt, and 1 of pepper. Put this into the goose, spit it, and lay it down to the fire. Singe it, and dust it with flour, and when thoroughly hot, baste it with fresh butter till it is a fine froth, and a nice brown. A large goose will require an hour and a half before a good fire, and when it is done, dredge and baste it, pull out the spit, and pour in a little boiling water. Serve with gravy, and apple sauce.—Some people add yolks of eggs to the stuffing.

GRAPE WINE.—Freshly picked ripe grapes, 20 lbs.; put them into a stone jar, and pour over them 6 qts. of boiling soft water; when sufficiently cool, squeeze them thoroughly with the hand; let them stand 3 days on the pomace, then squeeze out the juice and add 10 lbs. of crushed sugar, and let it remain a week longer in the jar; then skim, strain and bottle tight.

Let it remain in the jar until it is fit to be bottled. This wine is very suitable for medical and sacramental purposes, being free from the adulteration which so much abounds in nearly all wines.

GRAVY, *for a Turkey or Fowl*.—Take 1 lb. of lean

beef, hack and flour it ; put a piece of butter as big as an egg into a stewpan ; when melted, put in your beef, fry it on all sides a little brown, pour in 3 pts. of boiling water ; a bundle of sweet herbs, 2 blades of mace, 3 cloves, 12 whole pepper-corns, a piece of earrot, a crust of bread toasted brown ; cover it close, and boil it till reduced to about a pint, or less ; season it with salt, and strain it off.

GRAVY SOUP.—Take the bones of a rump of beef, a piece of the neck, and boil all the goodness from them ; strain it off, take a piece of butter, put it into a stewpan, brown it, and add to it an onion stuck with cloves, some fresh celery, cos lettuce, chervil, endive, spinach, turnips, and carrots ; season it with pepper, salt, and cloves, and boil all together ; put in sippets of bread dried by the fire, and a glass of port wine. Serve it up with a French roll toasted, and laid in the middle. If in season, add green peas, tops of asparagus, and button onions steamed, &c.

Spring Soup and Soup Julien are the same as the above, omitting the lettuce and chervil for the latter ; the former is named from the season when earrots and turnips are to be had.

GREEN GAGES, to preserve.—Take the gages when nearly ripe ; cut the stalks about $\frac{1}{2}$ inch from the fruit ; put them into cold water, with a lump of alum about the size of a walnut ; set them on a slow fire till they come to simmer : take them from the fire, and put them into cold water ; drain and pack them close into a preserving pan ; pour over them enough of clarified sugar to cover them ; simmer them 2 or 3 minutes ; set them by in an earthen pan till next day, then drain the gages, and boil the syrup with more sugar till quite thick ; put in the gages and simmer them 3 minutes more, and repeat it for 2 days ; then boil some clarified sugar ; place the gages into glasses, and pour the syrup over, and when cold tie over a bladder, and upon that a leather, and should any be wanted for drying, drain and dry them on a wire sieve, in a stove or slow oven. Apricots or egg-plums may be done in the same manner.

GREEN GOOSE, with Green Sauce.—Roast the goose, and make a sauce thus: $\frac{1}{2}$ pint of sorrel juice, a spoonful of white wine, a little nutmeg, and some grated bread; boil it over a gentle fire, and sweeten it with pounded sugar; let your goose have a good froth on it before you take it up: put some good strong gravy in the dish, and the same in a boat. Garnish with lemon.

GREEN PEAS, to boil.—Put them into as much boiling water as will cover them, with a few leaves of mint. Throw in a piece of butter as big as a walnut, and stir them about; when they are enough, strain them off, and sprinkle on a little salt; shake them till the water drains off, and send them to the table with melted butter.

GREEN PEAS, to keep till Christmas.—Take young peas, shell them, throw them into a cullender to drain, lay a cloth 4 or 5 times double, spread them thereon; dry them well, fill your bottles, and cover them with mutton suet fat; when a little cool, fill the necks almost to the top, cork them, tie a bladder and a leather over them, and set them in a dry place.

GRIDDLE CAKES, of unbolted Wheat.—Unsifted wheat, 1 quart; salt, 1 teaspoonful. Mix with water, or sweet milk, in which is dissolved a teaspoonful of saleratus. Sour milk and saleratus are not as good for unsifted as for fine flour. These are better and more wholesome cakes than buckwheat.

GRIDDLE CAKES, Best Rice.—Soak cold boiled rice in a pint of water or milk 6 or 7 hours; then add 1 qt. of milk, and stir 1 qt. of flour into the rice and milk, 2 eggs well-beaten, $\frac{1}{2}$ teaspoonful of saleratus, and a teaspoonful of salt, dissolved in a little hot water. Baked on a griddle, or baking-pan.

Stale or rusked bread in fine crumbs, is very nice made into griddle cakes, as above, or they can be mixed with the rice. The rice must be salted when boiled.

GROUND RICE MILK.—Put a spoonful of ground rice to 3 pints of milk, add cinnamon and nutmeg. Sweeten to your taste.

H

HADDOCK AND WHITINGS, *to dry*.—Take haddock of 2 or 3 lbs. weight; take out the gills, eyes, and entrails, and remove the blood from the back-bone. Wipe them dry, and rub some salt into their bodies, and put some into the eyes. Lay them on a board for a night, hang them up in a dry place, and after 3 or 4 days, they will be fit to eat; skin and rub them with egg, and strew crumbs ever them. Lay them before the fire, and baste with butter until brown enough. Serve with egg sauce.

Whitings, if large, may be done the same way.

HAM, *to boil*.—A ham requires much water; put it into cold water, and let it simmer 2 hours; allow a quarter of an hour to every pound; by this means it will eat tender.

A dry ham should be soaked in water over night; a green one does not require soaking. Let them be cleaned before you dress them.

Before a ham is sent to table, take off the rind and sprinkle it over with bread-crumbs, and crisp it with a salamander.

HAMS, *to choose*.—The best have a short shank. If you put a knife under the bone of a ham, and if it come out clean, and smell well, it is good; but if it be daubed and smeared, and has a disagreeable smell, do not buy it.

HAMS, *to cure*.—To every 100 lbs., take best coarse salt, 8 lbs.; saltpetre, 2 ozs.; brown sugar, 2 lbs.; potash, 1½ ozs.; and water, 4 gals. Mix, and pour the brine over the meat, after it has lain in the tub for some 2 days. Let hams remain 6 weeks in the brine, and then dry several days before smoking. I have generally had the meat rubbed with fine salt, when it is packed down.

The meat should be perfectly cool before packing. The potash keeps it from drying up and becoming hard.

HAMS, *to cure*.—First beat them well, then mix ½ peck of salt, 3 ozs. of saltpetre, ½ oz. of sal prunella, and 5

lbs. of coarse salt. Rub the hams well with this, and lay the remainder on the top. Let them lie 3 days, and then hang them up. Put as much water to the pickle as will cover the hams, adding salt till it will bear an egg, and then boil and strain it. Next morning put in the hams, and press them down so that they may be covered. Let them lie for a fortnight, dry them, and rub them well with bran. The above ingredients are sufficient for 3 middling sized hams.

HAM, *Essence of*.—Cut 3 lbs. of lean ham into pieces an inch thick ; lay them in a stew-pan, with slices of carrots, parsnips, and 3 onions, cut thin ; Stew them till they stick to the pan, but not burn. Pour on some strong veal gravy by degrees ; some fresh mushroom or mushroom powder, truffles and morels, cloves, basil, parsley, a crust of bread and a leek. Cover it close, and when it has simmered to a good thickness and flavour, strain it off.

HAMS, *High-flavoured*.—Hang the ham for 3 or 4 days : 1 oz. of saltpetre, $\frac{1}{4}$ lb. of bay-salt, about as much common salt, and coarse sugar, and a quart of porter, mixed, and boiled together, and poured hot upon the ham. Turn it twice a day in the brine for 18 days ; if a large ham for 20 to 24. Add at pleasure, of white pepper and allspice, 1 oz. each. powdered fine. When taken from the pickle, wipe it thoroughly dry, cover it with bran, and smoke it for 3 weeks or a month.

HAM RELISH.—Finely mince $\frac{1}{4}$ lb. of ham, 2 eggs, a little crumb of bread, a tablespoonful of cream, a little butter, salt, mace, and pepper. Fry carefully all together, or boil in a small bag. Place between toasted bread.

HAMS, SMOKED MEAT, &c., *to keep for Years*.—Pack them in pulverized charcoal. No matter how hot the weather, nor how thick the flies ; hams will keep as sweet as when packed, for years. The preservative quality of charcoal will keep them till charcoal decays.

HARE, *to broil*.—Skin and wash it well, and then soak 2 hours in water ; if old, lard it, which will make it

tender, as also will soaking it in vinegar. If put into vinegar, it should be put in water afterwards. Put a large relishing stuffing into the belly, and sew it up. Baste it well with milk till half done, then with butter. If the blood has settled in the neck, soaking the part in warm water, and putting it to the fire warm, will remove it, if you also nick the skin here and there to let it out. The hare should be kept at a distance from the fire at first. Serve with a fine froth, rich gravy, melted butter, and currant-jelly sauce; the gravy in the dish. For stuffing, use the liver, an anchovy, some fat bacon, a little suet, herbs, pepper, salt, nutmeg, a little onion, crumbs of bread, and an egg to bind it all. The ears must be nicely cleaned and singed. They are reckoned a dainty.

HARE, to hash.—Cut up your hare, put it into a stewpan, with some good gravy, a gill of red wine, shred lemon-peel, and a bundle of sweet herbs; let it stew for an hour, add forcemeat balls, and the yolks of 12 hard-boiled eggs, with truffles, and morels. Give them a boil up, take out the herbs, place the hare on the dish, and pour your gravy over it. Garnish with sliced lemon and barberries.

HARE, to jug.—Case the hare, and turn the blood into the jug. Cut the hare to pieces. Cut $\frac{3}{4}$ lb. of fat bacon in thin slices. Pour upon the blood a pint of strong old pale beer; put into the jug a middling-sized onion, stuck with a few cloves, and a bunch of sweet herbs; having seasoned the hare with pepper, salt, nutmeg, and lemon peel grated, put in the meat, a layer of hare, and a layer of bacon. Stop the jug close, that the steam may be kept in; put the jug into a kettle of water, over the fire, and let it stew 3 hours, strain off the liquor, and thicken with burnt butter; serve hot, garnish with lemon sliced.

HARE, to stew—Beat it with a rolling-pin in its own blood. Cut it into pieces and fry them. Stew them with a quart of strong gravy, pepper and salt, till tender. Thicken with butter and flour. Serve it up in its gravy, with sippets in the dish, and lemons sliced for garnish.

HARE PIE.—Cut the hare in pieces, break the bones, and lay them in the pie; lay on forcemeat-balls, sliced lemon and butter, and close it with the yolks of hard eggs.

HARES AND RABBITS.—Hares are in season from October to March. A hare when newly killed, is stiff and whitish; when stale the body is limber, and the flesh in many parts blackish. If the hare be old, the claws are wide and ragged; if young, smooth, and the ears will tear like a piece of brown paper. To discover a real leveret, feel near the foot on its fore-leg, if a nob or small bone is found there, it is a true leveret; if not, it is a hare. Leverets are in season from April to September. Rabbits may be known by the same signs as the hare, and are, either wild or tame; in season the whole year.

HARE SOUP.—Cut a large hare in pieces, put it into an earthen jar, with 3 blades of mace, 2 large onions, a little salt, a red herring or 2 anchovies, 6 large morels, a pint of red wine, and 3 quarts of water. Bake it 3 hours in a quick oven, and strain the liquor into a stewpan: put in $\frac{1}{4}$ lb. of French barley, ready boiled; seald the liver and rub it through a sieve with a wooden spoon; put it in the soup, place it on the fire, and stir till *near* boiling. Put some toasted bread into the tureen, and pour the soup on it.

HARROGATE BUNS.—Flour, 1 lb.; currants and powdered loaf sugar, $\frac{1}{4}$ lb. of each; 2 eggs and a little lemon peel; butter, beaten to a cream, $\frac{1}{4}$ lb., adding to it the eggs; beat the whole to a nice thick cream; add a teaspoonful of baking powder. Bake in a moderate oven.

HARTSHORN JELLY.—Take a gallipot with hartshorn, fill it with spring water, tie a double paper over it, and set it in an oven. In the morning take it out, run it through a jelly-bag, season with juice of lemons, refined sugar, and the whites of 8 eggs beaten. Boil it and run it through a jelly-bag again into the jelly glasses. Put a bit of lemon peel into the bag.

HASH. *very good*.—Peel 6 large tomatos, and 1 onion, and slice them. Add a spoonful of sugar, salt and pepper, and a bit of butter the size of a hen's egg, and half pint of cold water. Shave up the meat into small bits, as thin as thick pasteboard. Dredge flour over it, say two teaspoonfuls or a little less. Simmer the meat with all the rest for 1 hour, and then serve; it is very fine.

Dried tomatos can be used. When you have no tomatos, make a gravy with water, pepper, salt, and butter, or cold gravy: slice an onion into it, add tomato ketchup, (2 or 3 spoonfuls), and then prepare the meat as above, and simmer it in this gravy 1 hour.

HEN PIE.—Cut a hen in pieces, and lay them in the pie; add forcemeat balls, sliced lemon, and butter, and close it with the yolks of hard eggs; let the paste be thickened with eggs.

HERRINGS, *to broil*.—Clean them well, dry them in a cloth, flour them, and broil them to a fine brown. Send them to table with plain butter, and mustard.

HERRINGS, *to fry*.—Clean your herrings, take out the roes, dry them and the herrings in a cloth, flour them, and fry in butter to a fine brown; lay them before the fire to drain; slice some onions, flour them and fry them, and dish up the herrings, garnish them with roes, and onions, and send them up hot with butter and mustard.

HOG'S FEET AND EARS, *Ragout*.—If they are raw or soured, boil till they are tender, cut them into bits 2 inches long, and a $\frac{1}{4}$ inch thick: Put them into a stew-pan, with $\frac{1}{2}$ pint of good gravy, a glass of white wine, a piece of butter rolled in flour, pepper, salt, a good deal of mustard, and $\frac{1}{2}$ an onion. Stir all together till it is of a good thickness, and pour it on the meat.

HONEY, *Domestic*.—Brown sugar, 10 lbs.; water, 10 lbs.; cream of tartar, 2 ozs.; strong vinegar, 2 table-spoonfuls; the white of 1 egg well beaten; bees' honey, $\frac{1}{2}$ c.; Lubin's extract of honeysuckle, 10 drops. First put the sugar and water into a pan on the fire; and when luke-

warm, stir in the cream of tartar and vinegar ; add the egg gradually ; and when the sugar is nearly melted put in the honey and stir until it boils, take it off, let it stand a few minutes, then strain, then add the extract of honeysuckle, let it stand over night. This resembles candied honey, and is very good. Or it may be made thus ;—

Good common sugar, 5 lbs. ; water, 1 quart ; gradually bring it to a boil, skimming well : when cool, add 1 lb. bees' honey and 4 drops of peppermint essence.

For a better article, use white sugar and $\frac{1}{2}$ lb. more honey. If you want the ropy appearance of bees' honey, put into the water $\frac{1}{4}$ oz. of alum.

HORSERADISH SAUCE.—Take a teaspoonful of made mustard ; mix it well with 2 tablespoonfuls of vinegar, a wineglassful of cream, and a little salt ; grate into the mixture as much horseradish as will make it thick.

HOTCH-POTCH.—Take 5 or 6 lbs. of beef ; put it in a pan with $6\frac{1}{2}$ quarts of soft water, and 2 onions ; boil slowly till the beef is nearly enough ; then put in the serag of a neck of mutton, and boil till the broth is very good ; add bread crumbs, carrots, and turnips, having previously boiled the carrots to neutralize their taste ; also add peas previously steeped, say 2 quarts ; but take the meat out first ; cut the mutton into chops, (for it will take no more boiling than the peas,) and put it in with sweet herbs shred very small, and salt to your taste.

HUNTER'S PUDDING.—Mix 1 lb. of good beef suet shred fine, with 1 lb. of fine flour, $\frac{3}{4}$ lb. of currants, $\frac{1}{4}$ lb. of raisins, stoned and shred, 4 eggs, a little grated lemon-peel, sugar, and brandy. Mix. Tie it up in a cloth, and boil 2 hours. Serve it up with sherry and melted butter.

I

ICE CREAM.—Fresh cream, $\frac{1}{2}$ gallon ; rich milk, $\frac{1}{2}$ gallon ; white sugar from 1 lb. to 2 lbs. to the gallon.

Dissolve the sugar in the mixture, flavour as follows ;—take half the peel from a fresh lemon, and steep it in as

little water as possible ; add this to the mixture ; no flavour pleases so much as the lemon ; keep the same proportion for any amount desired. The juice of strawberries or raspberries gives a beautiful colour and flavour to ice creams ; or about $\frac{1}{2}$ oz. of essence or extracts to a gallon, to suit the taste. Have your ice well broken ; 1 quart of salt to a bucket of ice.

About half an hour's stirring and occasionally scraping down and beating together, will freeze it. The old-fashioned freezer which turns in a tub of ice, makes smoother and nicer ice cream than all the patent freezers, and the plan of using genuine cream and milk gives sufficient profit.

ICE CREAM, *Cheap*.—Milk, 6 quarts ; Oswego corn starch, $\frac{1}{4}$ lb. Dissolve the starch in 1 quart of milk, mix all together and simmer a little, (not boil.) Sweeten and flavour to suit your taste. Or,

Take Irish moss, $1\frac{1}{2}$ oz. ; milk, 1 gallon. Soak the moss in cold water for an hour, and rinse well to clear off sand and a peculiar taste ; steep it for an hour in the milk just at the boiling point ; it imparts a rich colour and flavour without eggs or cream. The moss may be steeped twice.

ICING FOR CAKES.—Have ready 1 lb. of the best white sugar, which pound well and sift, put it into a basin with the whites of 3 eggs, beat well together, adding the juice of 6 lemons ; beat until it becomes very light and hangs in flakes from the spoon ; if it should be rather too stiff in mixing, add a little more white of egg ; if on the contrary, too soft, a little more sugar.

INDIAN PUDDING, *to bake*.—Sweet milk, 1 qt. ; butter, 1 oz. ; 4 eggs well beaten ; Indian meal, 1 teacupful ; raisins, $\frac{1}{2}$ lb. ; sugar, $\frac{1}{4}$ lb.

Scald the milk, and stir in the milk whilst boiling ; then let it stand until only blood-warm, and stir all well together, and bake about $1\frac{1}{2}$ hours. Eaten with sweetened cream, or *Spreading Sauce*.

Indian Pudding, to boil.—Indian meal, 1 qt., with a little salt ; 6 eggs ; sour milk, 1 cupful ; saleratus, 1 teaspoonful ; raisins. 1 lb.

Scald the meal with the salt in it ; when cool stir in the beaten eggs ; dissolve the saleratus in the milk and stir in also, then the raisins ; English currants, or preserves answer every purpose, and are very nice in place of raisins. Boil $1\frac{1}{2}$ hour. Eaten with sweetened cream or any of the pudding sauces. Any pudding to be boiled must not be put into the water until it boils, and taken out as soon as done.

INDIA PICKLE.—Chop cabbage fine, leaving out the stalks, 3 or 4 onions, a root of horse-radish and a couple of green peppers to each cabbage. Soak all in salt and water 3 or 4 days. Spice some vinegar very strong with mace, cloves, allspice, and cinnamon. Heat it scalding hot, add a little alum and salt, and pour it on the cabbage, onions, and pepper, which should previously have all the brine drained from them. This pickle will be fit to eat in 3 or 4 weeks.

INSIPIDITY, or *Flatness to prevent in Ale, Spirits, or Medicines*.—Cork the bottle tightly, and place it upside down in a vessel of water. This is applicable to invalids who are advised to take bottled ale or porter, and who can only drink a little at a time.

IPSWICH PUDDING, *to make*.—Steep $\frac{1}{4}$ lb. of the crumb of white bread, sliced, in $1\frac{1}{2}$ pt. of cream, or grate the bread ; then beat $\frac{1}{2}$ lb. of blanched almonds very fine, till they are like a paste, with a little orange-flour water ; beat up the yolks of 8 eggs, and the whites of 4 : mix all well together ; put in $\frac{1}{4}$ lb. of white sugar, and stir in a little melted butter, about $\frac{1}{4}$ lb. ; lay a sheet of puff-paste at the bottom of the dish, and pour in the ingredients. Half an hour will bake it.

IRISH BEEF, *to cure*.—Put to 20 lbs of beef. 1 oz. allspice, $\frac{1}{4}$ oz. of mace, cinnamon, and nutmeg, and $\frac{1}{2}$ oz. each of saltpetre and pepper : mix all together, and add as much common salt as will well rub the meat. Put it in a salting-pan ; rub it with more salt every day ; turn it in the pickle, and rub it with the seasoning that settles.

When it has remained a month in pickle, take out the bone, and boil the meat in its own liquor, with as little water as will cover it. It may be stuffed with parsley, and is to be eaten cold.

IRISH PANCAKES, to make.—Beat 8 yolks and 4 whites of eggs; strain them in a pint of cream; add grated nutmeg, and sugar to your taste: set 3 ozs. of fresh butter on the fire; stir it; and as it warms, pour it to the cream, which should be warm when the eggs are put to it: then mix smooth almost $\frac{1}{2}$ pint of flour; fry the pancakes very thin, the first with a bit of butter, but not the others. Serve several on one another.

IRISH STEW, to make.—Cut off the fat of part of a loin of mutton, and cut it into chops. Pare, wash, and slice very thin some potatoes, an onion, and 2 small carrots. Season with pepper and salt; put it in a stewpan, just cover with water, and stew gently till the meat is tender, and the potatoes are dissolved in the gravy. It may be made of beef-steaks, or with beef and mutton mixed together.

ISINGLASS JELLY.—Two ozs. of American isinglass, or gelatine; 1 quart of boiling water; $1\frac{1}{2}$ pint of sherry wine; the whites of 3 eggs. Soak the gum in cold water $\frac{1}{2}$ an hour; then take it from the water, and pour upon it the boiling water. When it is cool, add the grated rind of 1 lemon, and the juice of 2, and $1\frac{1}{2}$ lb. of loaf sugar. Then beat the whites of the eggs to a stiff froth, and stir them in, and let the whole boil till the egg is well mixed, but do not stir while it boils. Strain through a jelly-bag, and then add the wine.

Wine jelly is made thus, except that $\frac{1}{2}$ pint more of wine is added.

In cold weather, a pint more of water may be added. This jelly can be coloured by beet juice, saffron, or indigo, for fancy dishes.

ISINGLASS SIZE.—Isinglass, 1 part; water, 100 parts. Boil until dissolved and of a proper thickness.

ISLE OF WHITE SAUCE.—Soy, port wine,

brandy or sprrit, and mushroom ketchup, of each equal parts. Mix, and let them stand until fine.

ITALIAN CHEESE.—Scald a pint of cream, beat or whip it very smooth ; add the juice of 3 lemons, and the rinds of of 2 ; sweeten as you like ; let it drain 4 or 5 hours in a cullender ; then turn it out.

J

JAUNG MANGE.—Boil an ounce of isinglass in a little more than half a pint of water, till dissolved ; strain it, add the juice and a little of the grated rind of 3 oranges, a gill of white wine, the yolks of 4 eggs, beaten and strained, and sugar to your taste. Stir over a gentle fire till it just boils, and then strain into a mould.

JELLIES, *without Fruit.*—Water, 1 pt.; pulverized alum, $\frac{1}{4}$ oz., and boil a minute or two ; then add 4 lbs. of white or brown sugar, boil 5 minutes longer, strain while hot ; and when cold put in extract of vanilla, strawberry, lemon, &c. as much as will suit your taste.

Such a jelly so much resembles that made from the fruit that any one will be astonished.

JELLY CAKE.—Five eggs ; sugar 1 cupful, a little nutmeg ; saleratus, 1 tea spoonful ; sour milk, 2 cupfuls ; flour, sufficient.

Beat the eggs, sugar, and nutmeg together ; dissolve the saleratus in the milk, and mix ; then stir in the flour to make only a thin batter, like pancakes ; 3 or 4 spoonfuls of the batter to a common round tin ; bake in a quick oven. Three or four of these thin cakes, with jelly between, form one cake, the jelly being spread on while the cake is warm.

JELLY CAKE, *Roll.*—Brown sugar, $1\frac{1}{2}$ cupful ; 3 eggs ; sweet skim milk, 1 cupful ; flour, 2 cupfuls, or a little more only ; cream of tartar and soda, of each 1 tea-spoonful ; lemon essence, 1 teaspoonful.

Thoroughly beat the eggs and sugar together ; mix the cream of tartar and soda with the milk, stirring in the fla-

your also ; now mix in the flour, remembering to bake soon, spreading thin upon a long pan ; and as soon as done spread jelly upon the top and roll up ; slicing off only as used ; the jelly does not come in contact with the fingers, as in the last, or flat cakes.

JOHNNY CAKE.—A quart of sour or butter-milk, a little salt, butter half the size of an egg, corn-meal enough for a stiff batter, soda a heaped teaspoonful. Add an egg. If a richer cake is desired, 2 eggs and a spoonful of syrup, or sugar should be used. Bake $\frac{2}{3}$ of an hour.

JUMBALLS.—Take 1 lb. of meal and dry it ; 1 lb. of fine sugar ; and mix all together ; take the yolks of 5 eggs, $\frac{1}{2}$ a gill of thick cream, as much as will make it a paste, and some coriander seeds ; lay them on tins and prick them ; bake in a quick oven, having wet them with a little rose-water and refined sugar to ice them.

K

KETCHUP, *Currant*.—Nice fully ripe currants, 4 lbs. ; sugar, $1\frac{1}{2}$ lb. ; cinnamon, ground, 1 tablespoonful ; salt, with ground cloves and pepper, of each 1 teaspoonful ; vinegar, 1 pint.

Stew the currants and sugar until quite thick ; then add the other ingredients, and bottle for use.

KETCHUP, *Mushroom*.—Put the mushrooms in layers with salt sprinkled over each layer, and let them stand 24 hours. Then strain them, and to 2 quarts put 3 ozs. of cloves, 2 ozs. of pepper, 2 nutmegs. Boil $\frac{1}{2}$ an hour, then add a pint of wine, or stale beer.

KIDNEY, *Beast's, to roast*.—Take a beast kidney with a little fat on, and stuff it all round, season it with pepper and salt, wrap it in a Kell, that is the membrane or net which covers the bowels, and put it upon the spit with a little water in the dripping-pan ; what drops from the kidney thicken with butter and flour for sauce.

To cook the stuffing. Take a handful of sweet herbs, a few bread-crumbs, a little beer-suet, shred fine, and 2 eggs,

(leave out the whites) mix all together with a little nutmeg, pepper and salt; stuff the Kidney with one part of stuffing, and fry the other part in little cakes; so serve it up.

L

LAMB, *to choose*.—The head of a lamb is good, if the eyes are bright and plump; but if they are sunk and wrinkled, it is stale. If the vein in the neck of the fore quarter appears of a fine blue, it is fresh; but if it be green or yellow, it is stale. In the hind-quarter, if there be a faint disagreeable smell near the kidney, or if the knuckle be very limber, it is not good.

LAMB, *Brown, to friassee*.—Cut a hind-quarter of lamb into thin slices; season them with pepper, salt, nutmeg, savory, marjoram, and lemon thyme dried and powdered; fry them briskly, and toss the lamb up in a strong gravy, a glass of red wine, a few oysters, some forcemeat balls, 2 palates, a little burnt butter, and an egg or two, or a bit of butter rolled in flour to thicken it. Serve all up in one dish, garnished with sliced lemon.

LAMB, *Fore-quarter of, Ragout*.—Take off the knuckle, cut off the skin, lard it with bacon, and fry it to a nice brown; put into a stewpan, cover with gravy, a pint of fried oysters; put them into the gravy, with 2 spoonfuls of port wine, a few mushrooms, and a piece of butter rolled in flour. Boil all together, with the juice of half a lemon. Lay the lamb in the dish, pour the sauce over it, and send it to table.

LAMB'S HEAD, *to boil*.—Wash and lay it in warm water: boil the heart, lights, and part of the liver. Chop, and flour them, put them into gravy, with ketchup, pepper, salt, lemon-juice, and a spoonful of cream. Boil the head white, lay it in a dish, and the mince-meat round it. Place the other part of the liver fried with bits of bacon on the minced meat, and the brains fried in small cakes round the rim, with crisped parsley between. Pour melted butter over the head, and garnish with lemon.

LAMB, to roast.—Lay it down to a clear good fire, that will want little stirring ; baste it with butter, and dust on a little flour ; a little before you take it up, baste it again with butter, and sprinkle on a little salt, and parsley shred fine. Send it to table with a salad, mint sauce, green peas, French beans, or cauliflowers.

LAMB, Quarter of, forced.—Cut a slit in a large leg of lamb, and take out the meat ; the front of it must not be defaced. Chop the meat small, with marrow, beef-suet, oysters, an anchovy, an onion, sweet herbs, lemon-lemon-peel, beaten mace, and nutmeg. Beat all together in a mortar, stuff the leg to its original shape, sew it up, rub it over with the yolks of eggs, and roast it an hour, basting with butter.

Cut the loin into steaks, season them with pepper, salt, nutmeg, lemon-peel cut fine, and herbs. Fry them in butter, of a fine brown, pour out the butter, put in a $\frac{1}{4}$ pint of sherry, and $\frac{1}{2}$ pint of strong gravy, a $\frac{1}{4}$ pint of oysters with their liquor, some mushrooms, a spoonful of their pickle, butter rolled in flour, and the yolk of an egg ; stir all together till thick, lay the leg of lamb in the dish, and the loin round it ; pour the sauce over it, and garnish with lemon.

LAMB'S HEAD AND PLUCK.—Boil the head and pluck $\frac{1}{4}$ hour at most, the heart 5 minutes, the liver and lights $\frac{1}{2}$ hour. Cut the heart, liver, and lights into small pieces not bigger than a pea. Make a gravy of the liquor that runs from the head, with $\frac{1}{4}$ pint of the liquor in which it was boiled, a little walnut-liquor or ketchup, and a little vinegar, pepper, and salt. Put in the brains and the hashed meat, shake them well together in the liquor, which should be only as much as will wet the meat. Pour all upon the sippets in a soup dish ; and having grilled the head before the fire, lay it open with the brown side upwards upon the hashed liver, &c. Garnish with sliced pickled cucumbers, and slices of bacon broiled.

LAMB, Leg of, to boil.—A leg of lamb, if boiled as it ought to be, in plenty of water, may be dished up as

white as milk. Send it to table with stewed spinach ; and melted butter, or caper sauce.

LAMB, *Leg of, with the fried Loin round it.*—Boil the leg in a cloth, very white. Cut the loin in steaks, beat them, and fry them of a fine brown, after which stew them a little in strong gravy. Put the leg in the dish, and lay the steaks round it. Pour on the gravy, and put spinach, and crisp parsley on every steak. Garnish with lemon, and serve with stewed spinach and melted butter.

Grass Lamb may be served with spinach, cabbage, broccoli, or any other suitable vegetable.

LAMB, *Loin of, to fry.*—Cut the loin into thin steaks ; put a very little pepper and salt, and a little nutmeg on them, and fry in fresh butter ; when enough, lay them in a dish before the fire to keep them hot ; then, for sauce, pour out the butter, shake a little flour over the bottom of the pan, pour in $\frac{3}{4}$ pint of boiling water, and put in a piece of butter ; shake all together, give it a boil up, pour it over the steaks, and send them to table.

Note.—You may do mutton the same way, and add 2 spoonfuls of walnut-pickle.

LAMB PIE.—Take nice steaks ; season with salt and pepper ; lay them in the pie with sliced lamb's sweet breads, savoury balls, and oysters. Lay on butter, and close the pie.

LAMB OR VEAL PIE, *Sweet.*—Make a good crust, butter the dish, and lay in your bottom and side crust ; cut the meat into small pieces ; season with a little salt, mace and nutmeg beaten fine, and strewed over ; then put a layer of meat, and strew according to your fancy some currants clean washed and picked, and few raisins stoned, all over the meat ; lay another layer of meat, put a little butter at the top, and a little water, just enough to bake it and no more. Have ready against it comes out of the oven, a white-wine caudle made very sweet, and send it to table hot.

LAMB OR VEAL PIE, *Savoury.*—Make a good

puff paste crust, cut the meat into pieces, season with pepper, salt, mace, cloves, and nutmeg finely beaten; add a few sweetbreads seasoned, some oysters and foremeat balls, hard yolks of eggs, and the tops of asparagus 2 inches long, first boiled green; put butter all over the pie, put on the lid, and set it in a quick oven an hour and a half; then make the liquor thus: take a pint of gravy, the oyster liquor, a gill of port wine, and a grated nutmeg: mix all together with the yolks of 3 eggs beaten, and stir one way all the time. When it boils, pour it into your pie; put on the lid; send it hot to table.

LAMB SWEET BREADS.—Blanch them, and lay them in cold water for an hour; put them in a stewpan, with a little good stock, and stew them half an hour, beat 3 eggs well in a little cream, some chopped parsley, and grated nutmeg, some asparagus tops well boiled, or pease that have been boiled once, all of which should be put in last, and great care taken, to keep it stirring, and not let it boil.

LAMB, *Whites to fricassee*.—Half roast a leg of lamb; when cold, cut in slices, put it into a stewpan, with white gravy, shallot shred fine, nutmeg, salt, and shred capers; boil till enough: thicken the sauce with 3 spoonfuls of cream, the yolks of 2 eggs, and a little shred parsley beaten together; put it into a stewpan, and shake it till it is thick, but do not let it boil; if not thick enough, put in a little flour and butter. Garnish with mushrooms, oysters, and lemon.

LAMPREYS, *to fry*.—Bleed them and save the blood, wash them in hot water, to take off the slime, cut them in pieces, and fry them in butter, sparingly drain out the fat, put in a little sherry wine, and shake the pan: season with whole pepper, nutmeg, salt, sweet herbs, a bay leaf, a good piece of butter rolled in flour, and the blood; cover the pan close, and shake often. When enough, take them up, and give the sauce a quick boil, squeeze in a little lemon, and pour the sauce over the fish. Garnish with lemon.

LAMPREYS, *to stew*.—Clean the fish carefully, remove the cartilage in the back, and season with cloves, mace, nutmeg, pepper, and allspice : put them into a small stew-pan, with strong beef gravy, port wine, Madeira or sherry.

Cover close ; stew till tender ; take out the lampreys, and boil up the liquor with 2 or 3 anchovies chopped, and some flour and butter ; strain the gravy through a sieve, and add lemon juice and made mustard. Serve with sip-pets of bread and horseradish.

LARKS, *to roast*.—Truss larks with their legs across, and a sage-leaf over the breast ; put upon a fine skewer, and between every lark a piece of thin bacon ; tie the skewer to a spit, and roast at a quick fire. Baste with butter, and stew over them crumbs of bread, mixed with flour ; fry bread-crumbs brown in butter ; lay the larks round the dish ; the bread-crumbs in the middle. Slice orange for garnish, with good gravy.

LEG OF MUTTON, *Ragout*.—Take off the fat and skin, and cut the meat very thin downwards. Butter the stewpan, add a little flour, put in the meat, half a lemon, half an onion cut small, a blade of mace, a bundle of sweet herbs. Stir it a minute or two. Then put in a quarter of a pint of gravy, and an anchovy minced, mixed with butter and flour. Stir it for 6 minutes, and then dish it up.

LEMONADE.—Dissolve $\frac{1}{2}$ lb. of loaf sugar in 1 qt. of water, and boil it over a slow fire ; 2 drs. of acetic acid ; 4 ozs. of tartaric acid ; when cold, add 2d. worth of essence of lemon. Put one-sixth of the above into each bottle filled with water, and add 30 grains of carbonate of soda ; cork it immediately, and it will be fit for use.

LEMONADE, *Portable*.—Dry loaf sugar, 1 lb. ; rub it finely in a mortar, and add citric acid, $\frac{1}{2}$ oz. ; (tartaric acid will do,) and lemon essence, $\frac{1}{2}$ oz., and triturate till all is intimately mixed, and bottle for use. Dry the powder.

A tablespoonful can be done up in a paper and carried in the pocket ; added to $\frac{1}{2}$ pint cold water, a most excellent lemonade will be obtained, not costing a penny a glass. This can be made sweeter or more sour, if desired. For an effervescing drink, follow the directions under *Persian Sherbet*.

LEMON APPLE PUDDING, *very fine*.—Take 6 spoonfuls of grated and strained apple, 3 lemons, pulp, rind, and juice, all grated ; melted butter, $\frac{1}{2}$ lb. Sugar to the taste. Seven eggs well beaten. Mix and bake with or without paste. It can be made still plainer by using 9 spoonfuls of apple, 1 lemon, two-thirds of a cupful of butter, and 3 eggs.

LEMON BEER.—Water, 30 gallons ; ginger root bruised, 6 ozs. ; cream of tartar, $\frac{1}{4}$ lb. ; brown sugar, 13 lbs. ; oil of lemon, 1 oz. ; or $\frac{1}{2}$ oz. of the oil may be used, 6 good sized lemons, sliced ; yeast, $1\frac{1}{2}$ pint.

Boil the ginger and cream of tartar, 20 minutes, in 2 gallons of water ; strain it upon the sugar and oils, or sliced lemons, then increase the hot water to 30 gallons, or about 70 degrees of heat ; work the yeast into a paste, with 5 or 6 ozs. of flour. Let it work over night, strain and bottle for use. This will keep 20 days.

LEMON CHEESECAKES.—Take 6 ozs. of sifted sugar, the same of butter ; gently melt it, then add the rinds of 4 lemons, shredded fine, the yolks of 4 eggs, the juice of 2 lemons, some blanched almonds pounded, 2 Savoy biscuits, and a large glass of brandy ; mix it well and put it in a paste.

LEMON CREAM.—Take the juice of 5 lemons, $\frac{1}{2}$ pint of water, 1 lb. of refined sugar beaten fine, the whites of 6 eggs, and the yolk of 1 beaten well ; mix all together, strain it, and set it on a gentle fire, stirring it all the while, skim it clean ; put into it the peel of 1 lemon when it is very hot, but not boiling, take out the lemon-peel, and put it into China dishes.

LEMON MINCE-MEAT.—Squeeze 2 lemons, and

boil the out-side till quite tender, then beat it to a mash ; add to it $\frac{1}{4}$ lb. of suet, $\frac{1}{2}$ lb. of currants, 4 large apples, chopped, $\frac{1}{4}$ lb. of sugar, a little brandy, and the juice of the lemons. It is ready to use as soon as made.

LEMON PICKLE.—Cut 6 or 8 lemons into half quarters, put on them 8 cloves of garlie, 2 ozs. of horse-radish, sliced thin, 2 ozs. of flour of mustard ; nutmeg, cloves, mace, and cayenne, of each $\frac{1}{4}$ oz. ; 1 lb. of salt, and 2 qts. of vinegar. Stew all the ingredients together in a stone jar, over a hot hearth, or in a kettle of boiling water, for $\frac{3}{4}$ of an hour ; then set it by, and stir it with a wooden spoon every day for 6 weeks ; then put it into bottles.

The jar should be kept close covered, and the bottles well tied down.

LEMON PIE. — One lemon ; water, 1 cupful ; brown sugar, 1 cupful ; flour, 2 tablespoonfuls ; 5 eggs ; white sugar, 2 tablespoonfuls.

Grate the rind of the lemon, squeeze out the juice, put all together and add the water, sugar, and flour, working the mass into a smooth paste ; beat the eggs and mix with the paste, saving the whites of 2 of them ; make 2 pies, baking with no top crust ; while these are baking, beat the whites of the two eggs, saved for that purpose, to a stiff froth and stir in the white sugar ; when the pies are done, spread this frosting evenly over them, and set again in the oven and brown slightly.

LEMON PUFFS.—Take $1\frac{1}{4}$ lb. of refined sugar beaten and sifted, grate the rinds of 2 lemons, and mix them with the sugar, then beat up the whites of 3 eggs, and mix them with the sugar and lemon-peel ; beat them together an hour, make them up in what form you please ; and set them in a moderate oven.

LEMON SHIRBET.—The fragrant essence of the rind of 3 or 4 lemons is thus obtained :—Free from specks the outer rind of the fruit, break off a large piece of loaf sugar, and rub the lemon on it till the yellow rind is completely absorbed ; loaf sugar, juice of 3 or 4 lemons ; water, 1 quart.

LENT MINCE PIES.—Six eggs, boiled hard ; pip-pins, pared, cored ; raisins and currants, $\frac{1}{2}$ lb. each, well washed ; all these chopped fine ; sugar, $1\frac{1}{4}$ tablespoonful ; citron and candied orange, 1 oz. each, cut fine ; mace and cloves, $\frac{1}{4}$ oz. each, and a large nutmeg, all beaten fine ; mix with a little brandy and sherry wine. Make the crust good, and bake in a quick oven. When you make the pie squeeze in the juice of Seville orange, and a glass of port wine.

LIGHT BREAD PUDDING.—Crumble 6 ozs. of light bread fine ; 2 ozs. of butter, a pint of buttermilk, a teaspoonful of soda, and 3 eggs. Sweeten as you please. Bake it in a pan.

LIGHT WIGS, to make.—To $\frac{3}{4}$ lb. of fine flour, put $\frac{1}{2}$ pint of milk, made warm : mix in it 2 or 3 spoonfuls of light yeast ; cover it up ; set it $\frac{1}{2}$ hour by the fire to rise ; work in the paste 4 ozs of sugar, and 4 ozs. of butter ; make it into wigs with as little flour as possible, and a few seeds : set them in a quick oven to bake.

LIVER AND BACON.—The calf or pig's liver must be cut into slices. Put $2\frac{1}{2}$ ozs. of dripping into the frying pan. Sprinkle the liver with flour, and fry over a brisk fire. Then fry slices of bacon, and place over the liver in a hot dish. Mind you do not burn the gravy.

Serve with melted butter ; or make gravy thus :—

Pour the fat out of the pan ; dredge the pan with flour ; let it brown a little, and add 1 oz of butter and flour mixed ; add a little water to give it the thickness of cream, and a tablespoonful of Ketchup, a little pepper and salt. Stir till the sauce has boiled a minute or two.

LOBSTERS AND CRABS, to choose.—If fresh, the lobster has a pleasant scent at that part of the tail which joins to the body, and the tail will, when opened, fall back quick with a spring. The weight of the lobster is a good criterion ; they are in season during the summer months. The heaviest crabs are best whether small or large.

LOBSTERS, to pot.—Take the meat out of the claws

and belly of a boiled lobster ; put it in a marble mortar, with 2 blades of mace, a little white pepper, and salt, a lump of butter the size of half an egg ; beat them all together till they come to a paste ; put one half of it into your pot ; take the meat out of the tail-part, lay it in the middle of your pot ; lay on it the other half of your paste ; press it close down ; pour over it clarified butter, $\frac{1}{4}$ inch thick. See *Butter, to clarify*.

LOBSTER SAUCE.—Cut a lobster into pieces the size of dice ; pound the spawn, put a bit of butter, and 4 anchovies, in a mortar, and rub them through a sieve ; put the cut lobster into a stewpan with $\frac{1}{2}$ pint of gravy, and a bit of butter rolled in flour ; set it over a stove, and keep stirring it till it boils ; if not thick enough, add a little flour and water, and boil it again ; put the spawn in, and simmer it ; if the spawn boils it is apt to spoil the colour of the sauce ; add a little lemon pickle.

LONDON BREAD.—To make a half-peck loaf, take $\frac{3}{4}$ lb. of well boiled mealy potatoes, mash them through a fine eullender or coarse sieve ; add $\frac{1}{8}$ pt. of yeast, or $\frac{3}{4}$ oz. of German dried yeast, and $1\frac{3}{4}$ pts. of lukewarm water, (88 deg. Fahr.) together with $\frac{3}{4}$ lb. of flour, to render the mixture the consistence of thin batter ; this mixture is to be set aside to ferment ; if set in a warm place it will rise in less than 2 hours, when it resembles yeast, except in colour. The sponge so made is then to be mixed with 1 pint of water, nearly blood-warm—viz. 92 deg. Fahr., and poured into a half peck of flour, which has previously had $1\frac{1}{4}$ oz. of salt mixed into it ; the whole should then be kneaded into dough, and allowed to rise in a warm place for 2 hours, when it should be kneaded into loaves and baked.

LONDON GRAVY.—When only a little gravy is wanted, such as for a small roast fowl, &c., the following will be good ; put $\frac{1}{4}$ lb. of gravy beef, scored, peppered and salted into a small stewpan or saucepan, with a middling sized onion sliced on the top of it ; place it by the side of the fire, to draw the gravy, for $\frac{1}{2}$ hour ; then add a very

little dust of flour, all-spice, and a little boiling water, gradually, till you have put in $\frac{1}{4}$ pint, stirring about each time you put in the water. Some add a little ketchup. It must not boil on the fire, but simmer gently by the side, till wanted, and strain it for use.

LOVE IN DISGUISE, *to dress*.—After well cleaning, stuff a calf's heart; cover it an inch thick with good forcemeat; then roll it in vermicelli; put it into a dish with a little water, and send it to the oven. When done serve it with its own gravy in the dish. This forms a pretty side dish.

LUMBER PIE.—Mince $1\frac{1}{2}$ lb. of fillet of veal, with sweet spice, 5 pippins, a handful of spinach, a cos-lettuce, thyme and parsley; mix with it a penny-loaf grated, and yolks of 2 or 3 eggs, wine, and orange-flower water, $1\frac{1}{2}$ lb. of currants and preserves with a caudle.

M

MACARONI.—Mix a pint of milk, and a pint of water, and a teaspoonful of salt; put in 2 ozs. of macaroni, and boil till the liquor is wasted and the macaroni tender, Put on butter, or pour over some gravy. Cut the macaroni in pieces of 3 or 4 inches, in order to help it out more conveniently.

MACKEREL, *to boil*.—Clean the mackerel, soak them for some time in spring water, put them and the roes into a stewpan, with as much water as will cover them, and a little salt. Boil a small bunch of fennel along with them, and when sent up, garnish with the roes and fennel, shred fine. Grate sugar in a saucer; melted butter, or parsley and butter, with a little lemon for sauce.

MACKEREL, *to broil*.—Gut and wash them, and boil the roes; beat up the yolk of an egg, with nutmeg, lemon-peel cut fine, shred thyme, parsley boiled and chopped fine, a little pepper and salt, a few crumbs of bread, and the roes well bruised in with a spoon; mix all well together, fill the mackerel, and flour them well; serve with soy-sauce.

Another way.—Cut them open and sprinkle them with pepper and salt. When done, raise up the bone, and spread a lump of butter over it. Garnish with parsley, and serve it up hot.

MADRAS CHUTNEY.—Raisins, $1\frac{1}{2}$ lbs.; tamarinds, (or sour apples,) 1½ lbs.; sugar, 6 tablespoonfuls; salt, 2 tablespoonfuls; 2 tablespoonfuls of powdered mint; the same of ground ginger, and of Chilli powder; $1\frac{1}{2}$ pint of best vinegar. Chop all the articles fine, which require it, and bottle for use. It is rather keen, but a delicious relish for cold meat.

MAIZENA, or Corn Flour, BLANC MANGE.—Milk, 1 quart; add 4 ozs. of corn flour; flavour as you like.

MARMALADE.—To 2 lbs. of quinces, add $\frac{3}{4}$ lb. of sugar, and 1 pint of spring water; put them over the fire, boil them till tender; drain off the liquor, and bruise them; put them into it again, let it boil $\frac{3}{4}$ hour, and put it into your pots.

MARMALADE PUDDING.—Mix 4 ozs. of bread crumbs, 6 ozs. of finely chopped beef suet, 4 ozs. of fine sugar, 2 beaten eggs, and a gill of milk. Mix and beat well together. Let it stand an hour, beat again for 10 minutes, and put into a baking dish alternately with orange or other marmalade. Bake $1\frac{3}{4}$ hour; turn out carefully.

MARROW PUDDING.—Boil a quart of cream, take it off boiling, and slice into it a small loaf. Add 6 ozs. of blanched almonds beaten fine, 2 spoonfuls of rose-water, the yolks of 6 eggs, a glass of sherry, a little salt, 6 ozs. of candied lemon and citron sliced, 1 lb. of beef-marrow, shred fine, $\frac{1}{2}$ lb. of currants. Mix all together, and put it into a dish rubbed with butter. Half-an-hour will bake it; when enough dust over some sugar.

MEAT, to keep fresh a week or two in Summer.—Farmers or others, living at a distance from butchers, can keep fresh meat very nicely, for a week or two, by putting it into sour milk, or butter-milk, placing it in a

cool cellar. The bone or fat need not be removed. Rinse well when used.

MEAT TURNOVERS.—Roll out wheat dough very thin, and put in it, like a *turnover*, cold meat, chopped fine, and seasoned with pepper, salt, ketchup, and sweet herbs. Make small ones, and fry them in lard till the dough is well cooked.

MILK LEMONADE.—Dissolve $\frac{1}{2}$ lb. of sugar in a pint of boiling water; add 4 tablespoonfuls of lemon-juice, and nearly $\frac{1}{2}$ a pint of good sherry, and a pint or more of good milk. Stir well, and strain.—More sugar and spices may be added according to taste.

MILK PUNCH.—Take 2 quarts of water, 1 quart of milk, $\frac{1}{2}$ pt. of lemon-juice, and 1 pt. of brandy, with sugar to your taste; put the milk and water together a little warm, then the sugar and lemon-juice; stir it well together; then the brandy, stir it again, and run it through a flannel bag till it is very fine, and bottle it. It will keep a fortnight or more.

MILK SOUP.—With cinnamon boil 1 qt. of milk, 2 bay leaves, and moist sugar; put some sippets in a dish, pour the milk over them, and set the whole over a charcoal fire to simmer till the bread is soft; take the yolks of 2 eggs, beat them up, and mix them with a little of the milk, and throw it in; mix it altogether, and serve it up.

MINCEMEAT.—An old family receipt. Beef suet, chopped fine, 1 lb.; raisins, 1 lb., ditto, stoned; currants, 1 lb.; apples, chopped fine, 1 lb.; 2 or 3 eggs; allspice, beat very fine, and sugar to your taste; a little suet, and as much brandy and wine as you like. A small piece of citron in each pie is an improvement.

MINCEMEAT.—Procure $4\frac{1}{2}$ lbs. of kidney beef suet, skin and chop very fine; have also $\frac{1}{4}$ lb. of candied lemon and orange peel, the same of citron, 1 lb. of lean beef, and $3\frac{1}{2}$ lbs. of apples, separately chopped fine, and put into a large pan with 4 lbs. of currants, washed and picked, 2 ozs. of mixed spice, and 2 lbs. of sugar; mix all

well together with the juice of 8 lemons, and a pint of brandy : place it in jars, and tie down until ready for use ; $1\frac{1}{2}$ lbs. of Malaga raisins, well stoned and chopped, may be added to the above. It is ready for use in a few days.

MINCE PIE.—Shred 1 lb. of neat's tongue parboiled, 2 lbs. of beef suet, 5 pippins, and a lemon-peel ; season it with an ounce of spice, salt, 1 lb. of sugar, 2 lbs. of currants, $\frac{1}{2}$ pint of wine, a little brandy, the juice of a lemon, $\frac{1}{4}$ lb. of citron, lemon, and orange-peel. Mix these together, and fill the pies.

MINCE-PIES.—Roll puff paste out to the thickness of a penny-piece ; have a dozen tartlet pans, which lightly butter : cut out pieces with a round cutter from the paste, each the size of your tartlet pans : roll the trimming of the paste again to the former thickness, cut other pieces, with which line the tartlet-pans : put a piece of mincemeat in each ; wet them round, place on the lids, clip a hole in the centre, and close them well at the edges ; egg over lightly, and bake 20 minutes in a moderate oven.

MOLASSES or TREACLE CAKE.—Molasses, $1\frac{1}{2}$ cupfuls ; saleratus, 1 teaspoonful ; sour milk, 2 cupfuls ; 2 eggs ; butter, lard, or pork gravy, what you would take up on a spoon ; if you use lard, add a little salt.

Mix all by beating a minute or two with a spoon, dissolving the saleratus in the milk ; then stir in flour to give the consistence of soft-cake, and put directly into a hot oven, being careful not to dry them up by over-baking.

MOLASSES or TREACLE CANDY.—Equal quantities of brown sugar and molasses, put them into a copper kettle ; when it boils, skim well, and strain : then boil until it is hard, which you may know by putting a little on a cold stone, and applying cold water. When done, pour on a stone platter which has been greased, and as it gets cool begin to throw up the edges and work it by pulling it with a hook or by the hand, until bright and glistening like gold ; keep the mass by a warm stove, and draw it into stick size, occasionally rolling them to keep them round, until all is pulled out and cold, then clip them into sticks

or shapes as you like. Any oil can be used for flavouring, if desired, when poured out to cool.

Pulverized white sugar sprinkled amongst it will prevent it sticking together.

MOOR GAME, to pot.—Pick, draw, wipe, and season them with pepper, salt, and mace. Put one leg through the other, and roast them till of a good brown. When cold, put them into your pots, and pour over them clarified butter.

MUFFINS.—To each quart of sweet milk add 2 eggs well beaten; a lump of butter half the size of an egg, and flour enough to make a stiff batter. Stir in $\frac{1}{2}$ pint of yeast; let them stand until perfectly light, and then bake on a griddle in tin rings, made for that purpose.

MUSHROOMS, to fricassee.—Take a quart of fresh mushrooms, clean them, put them into a saucepan, with 3 spoonfuls of water, 3 of milk, and a little salt; set on a quick fire, and boil up 3 times; take off, grate in a little nutmeg, mace, $\frac{1}{2}$ pint of thick cream, a piece of butter rolled in flour, put them into a saucepan, shaking occasionally. When the liquor is thick, dish them up; be careful they do not curdle. Stir all the time.

MUSHROOMS, to pickle.—Cut the stems of small buttons at the bottom, wash them in 2 or 3 waters with a piece of flannel. Have a stewpan on the fire, with some spring water that has had a handful of common salt thrown into it; and as soon as it boils, put in your buttons. When they have boiled about 3 or 4 minutes, throw them into a colander, and spread them quick upon a linnen cloth, and cover them with another. Have ready several wide mouthed bottles, and as you put in the mushrooms, mix a blade of rice and some nutmeg sliced amongst them; fill your bottles with distilled vinegar. Pour over them some melted mutton fat that has been well strained.

MUSHROOMS, to stew.—Take fresh mushrooms, clean them, let their skins be pulled off, and their gills cut into strips, every 4 or 5 to be bound, or else do not use

them ; cut the mushrooms in large pieces, and put them all together in a saucepan, without any liquor ; cover it close, let them stew gently, with a little salt, till they are covered with liquor ; take out the mushrooms, drain them, put in some sherry wine, and when they have boiled up, thicken the sauce with a little butter rolled in flour.

MUSHROOM Ketchup.—Take 2 gallons of mushrooms, (the larger the better,) mash them into an earthen pan, and stew the whole with salt ; stir them frequently for 2 days, and let them stand for nine. Strain and boil the liquor with the addition of mace, ginger, cloves, mustard seed, and whole pepper, allspice, and a little cayenne pepper. When cold, pour it into bottles, and cork closely ; in 3 months boil it again, and it will keep a long time.

MUSHROOM SAUCE, for fowls.—Put half a pint of fresh mushrooms to a little butter, a blade of mace, and a little salt ; stew them gently for half an hour. Squeeze in half a lemon.

MUTTON, to choose.—If you squeeze young mutton with your fingers, it will feel very tender ; but if old, it will feel hard, and the fat will be fibrous and clammy. The grain of ram mutton is close, the flesh is of a deep red, and the fat is spongy. The flesh of ewe mutton is paler than that of the wether, and the grain is closer. Most people prefer short-shanked mutton.

MUTTON, Breast of, to collar.—Bone a breast of mutton, and season it with nutmeg, pepper, and salt ; rub it over with yolk of egg ; make a little forcemeat of veal, chop it with a little beef suet, a few bread crumbs, sweet herbs, onion, pepper, and salt, nutmeg, 2 eggs, and a spoonful or two of cream ; mix all together, and lay it over the mutton, roll it up and bind it about with tape ; put it into a dish with a little water, sprinkle over with flour, and lay upon it a little butter ; it will require 2 hours to bake it. When enough take up the gravy, skim off the fat, put in an anchovy and a spoonful of ketchup, thicken it with flour and butter ; take the tape from the mutton and cut

it into 3 or 4 rolls ; pour the sauce upon the dish, and lay about it forcemeat balls. Garnish the dish with pickles.

It is either proper for a side or bottom dish.

MUTTON. *breast of, with forcemeat, to roast.*—Raise the skin, and put the forcemeat under it, and fasten it down ; before you dredge it, wash it over with beaten eggs. Garnish with lemon, and put good gravy in the dish.

MUTTON BROTH.—Cut a scrag of mutton 6 lbs. weight in two, and boil the scrag part in a gallon of water, skim it, and put in some sweet herbs, an onion, and a crust of bread ; when it has boiled about an hour, put in the best part of the neck, and a short time before the meat is quite done, put in a turnip, some dried marigolds, olives, parsley chopped small, and season it with salt. Some prefer it seasoned with mace, instead of the sweet herbs and onion. In this, however, fancy must be the director. If you boil turnips as sauce to the meat, they must be done separately, or the flavour will be too powerful for the broth.

MUTTON BROTH.—Take a loin of mutton, cut off the fat, put to it 1 quart of water, boil and skim it well ; put in a piece of upper crust of bread, a blade of mace ; and boil it slowly an hour ; pour the broth clean off ; season with salt, and the mutton will be fit to eat. Turnips must be boiled by themselves in another saucepan.

MUTTON, *Chine of, or the two loins, to roast.*—Remove the skin near the rump, without taking it quite off, or breaking it. Take lean ham mushrooms, spring onions, parsley, thyme, and sweet herbs, chopped small, with spice, pepper, and salt. Strew them over the mutton, when the skin is taken off, put the skin over it neatly, and tie over it some white paper, well buttered. When it is nearly done, take off the paper, strew over it some grated bread, and when of a fine brown, take it up. Serve with good plain gravy, potatoes, brocoli, French beans, or cauliflower.

MUTTON CHOPS, *to stew.*—Cut the chops thin, put them into a shallow tin pan, with a cover that shuts

close. Add a little water, with salt and pepper, and set it over a very slow fire. They will be done in a very few minutes. Dish them with their own liquor. Garnish with capers.

MUTTON OR PORK CHOPS.—Mutton or pork steaks must be frequently turned on the gridiron.

The general sauce for steaks is, horse-radish for beef, mustard for pork ; and pickled gherkins for mutton. But in the season, we should recommend a good salad, or green cucumbers, or celery for beef and mutton ; and green peas for lamb-steaks.

MUTTON CUTLETS, to fry.—Take a handful of grated bread, a little thyme, parsley, and lemon-peel shred very small, with some nutmeg, pepper, and salt ; cut a loin of mutton into steaks, and let them be well beaten ; take the yolks of 2 eggs, and rub the steaks all over. Strew on the grated bread, &c., and fry them of a fine brown. For the sauce, use gravy, with a spoonful or two of claret, and a little anchovy.

MUTTON HAMs, to pickle for drying.—First take weak brine and put the hams into it for 2 days, then pour off and apply the following, and let it remain on from 2 to 3 weeks, according to size : For each 100 lbs., take salt, 6 lbs. ; saltpetre, 1 oz. ; saleratus, 2 ozs. ; molasses, 1 pt. ; water, 6 gals., will cover these if closely packed.

The saleratus keeps the mutton from becoming too hard.

MUTTON, Harico of.—Take off some of the fat, and cut the best end of the neck into thin steaks ; flour and fry them in their own fat, of a light brown, but not enough for eating. Put them into a dish and fry some carrots and turnips, and onions ; the carrots cut dice, and the onions sliced, but they must only be warmed, and not browned. Lay the steaks at the bottom of a stewpan, the vegetables over them, and pour as much boiling water on them as will just cover them ; let them boil once, and skim them well ; then let them simmer by the side of the fire till tender. Add pepper, salt, and a spoonful of ketchup.

MUTTON, *to hash*.—Cut mutton half roasted in pieces as big as a crown ; put into the sauce-pan half a pint of port wine, as much strong gravy, an anchovy, a shallot, a little whole pepper, some grated nutmeg, and salt ; stew these a little, put in the meat, and a few capers and samphire shred ; when it is hot, thicken it with a piece of butter rolled in flour : lay toasted sippets in the dish, and pour the meat on them. Garnish with lemon.

MUTTON. *Leg or neck of, to stew*.—Bone the joint to be stewed. Break the bones, and put them in a sauce-pan, with a sufficient quantity of whole pepper, salt, and mace, one nutmeg bruised, an anchovy, and a turnip, a little bunch of sweet herbs, two onions quartered, a pint of ale, as much port wine, two quarts of water, and a hard crust of bread. Stop it close, and let it stew five hours. Then put in the mutton, and stew it two hours longer.

MUTTON, *Leg of, stuffed, to roast*.—Stuff a leg of mutton with mutton suet, salt, pepper, nutmeg, grated bread, and yolks of eggs, and stick it cover with loves ; when it is about half done, cut off some of the under side of the fleshy end in little bits ; put them into a pipkin, with a pint of oysters, and the liquor, a little salt, mace, and half a pint of hot water ; stew them till half the liquor is wasted, add a piece of butter rolled in flour, shake all together, and when the mutton is enough, pour the sauce over it, and send it to table. Serve with good plain gravy, potatoes, brocoli, French beans, or cauliflowers.

MUTTON PIE.—Season the steaks, lay on butter, and close the pie. When baked, toss up a handful of chopped capers and oysters in gravy, with an anchovy and drawn butter.

MUTTON, *Venison fashion*.—Take a hind quarter of mutton, cut the leg like a haunch ; lay it in a pan with the back side of it down ; pour a bottle of red wine over it, and let it lay 24 hours ; spit it, and baste it with the same liquor and butter when roasting. It should have a

good quick fire. Have a little good gravy in a boat, and currant jelly in another.

N

NASTURTIUM SEEDS, *to pickle*. — Take the seeds when they are large, but before they grow hard, and put them into the best white wine vinegar that has been bottled up with what spices are most agreeable. Keep them close stopped in a bottle. They are fit for use in eight days.

NEAT'S TONGUE, *to boil*. — A dried tongue should be soaked all night; put it into cold water, and let it have room, it will take 4 hours. A green tongue out of the pickle need not be soaked, but it will require the same time. An hour before you dish it up, take it out and blanch it, put it into the pot again, and it will eat the tenderer.

NEAT'S TONGUE, *to fricassee*. — Boil tender, skin, and cut into thin slices, and fry them in butter; pour out the butter, put in as much gravy as will be wanted for sauce, a bundle of sweet herbs, an onion, pepper, and salt, add a blade or two of mace; simmer all together for half an hour. Take out the tongue, strain the gravy, put it with the tongue in the stewpan again, beat up the yolks of 2 eggs, with a glass of sherry wine, a little grated nutmeg, a piece of butter as big as a walnut rolled in flour, shake all together for 5 minutes, and send to table.

NEAT'S TONGUE, *to fry*. — Boil till tender, cut into slices and season with nutmeg, cinnamon, and sugar. Beat up the yolk of an egg with a little lemon-juice, and rub it over the slices with a feather. Make some butter boiling hot in your pan, and put in the slices. Serve with melted butter, sugar, and white wine made into a sauce.

NEAT'S TONGUE PIE. — Half boil the tongues, blanch, and slice them with savoury seasoning, sliced lemon, forcemeat balls, and butter. When it is baked, take

veal sweetmeats, tossed up in gravy, and pour them into the pie.

NECK OF VEAL.—Lard with large pieces of bacon rolled in pepper, salt, shallots, and spices. Put it into your stewpan with about 3 pints of broth, 2 onions, a laurel leaf, and a little brandy. Let it simmer gently till tender, then put it into your dish, take the seum clean off the liquor, and then pour it on the meat.

NEGUS.—Pour 2 qts. of boiling water upon 3 ozs. of pearl barley; sweeten with 6 ozs. of fine sugar, and a large lemon sliced; strain when cold, and add a pint of sherry wine, and a glass or two of pale brandy,

NOTHINGS.—Three well beaten eggs, a salt spoonful of salt, and flour enough for a very stiff paste. Roll and cut into very thin cakes, fry them like trifles, and put two together with jam, or jelly between.

O

OLD BACHELOR'S BREAD, *Biscuit, or Pie-Crust*.—Flour, 1 qt.; cream of tartar, 2 teaspoonfuls; soda $\frac{3}{4}$ teaspoonful; sweet milk to wet up the flour to the consistence of biscuit dough.

Rub the flour and cream of tartar well together; dissolve the soda in the milk, wetting up the flour with it, and bake *immediately*. If you have no milk, use water, adding a spoonful of lard to obtain the same richness. It does well for pie-crust where you cannot keep up sour milk.

OMELETTE.—Beat up 8 eggs, season with pepper and salt, add a shallot cut small, some shred parsley, and a small tongue grated. Put into a frying pan a $\frac{1}{4}$ lb. of butter; when it boils, throw in the eggs, and stir them over a clear fire till the omelette has become thick. When browned on the under side double it up, put it upon a dish, and pour over it a strong veal gravy.

ONIONS, *to pickle*.--Pare and peel small onions, and lay them in salt and water a day, and shift them in that time once; dry them in a cloth. and take some white wine vin-

egar, cloves, mace, and a little pepper; boil this pickle, and pour over them, and when cold cover them close.

ONION Ragout.—Peel a pint of young onions. take 4 large ones cut very small; put butter in a stewpan; throw in your onions, and fry brown; dust in flour, shake them round till thick, throw in salt, pepper, $\frac{1}{4}$ pint of gravy, and a teaspoonful of mustard: stir all together; when thick, pour it into your dish, and garnish with fried crumbs of bread.

ORANGE CAKES.--Take the peels of 4 oranges, boil tender, and beat small in a marble mortar; take the pulp, and 2 more oranges, pick the seeds and skins out, and mix them with the peelings that are beat, set them on the fire, with a spoonful or two of orange-flower water, keeping it stirring till it is nearly dried up; to every lb. of pulp add $4\frac{1}{4}$ lbs. of refined sugar, finely sifted. Make the sugar very hot, and mix it with the pulp; set it on the fire again till the sugar be well melted, but not to boil. When it is cold, draw it up in double papers; dry them before the fire, and turn them, 2 together, or you may keep them in glasses or pots, and dry them when wanted.

ORANGE OR LEMON-PEEL, *either whole or in chips.*—Wash the syrup from your fruit with warm water; boil it till bubbles rise; put in your peel, rub the sugar at the sides with a spoon till it candies; take the chips out with 2 forks, and put them on a wire to drain, let them stand till cold, and put them into your boxes.

ORANGE PUDDING.—Take the yolks of 8 eggs, beat them well with $\frac{1}{2}$ lb. of butter, grate in the rind of 2 Seville oranges, beat in $\frac{1}{2}$ lb. of fine sugar, 2 spoonfuls of orange-flower, 2 of rose-water, a gill of sherry, $\frac{1}{2}$ pint of cream, 2 Naples biscuits, and mix all well together. Lay a thin puff-paste over the dish, and round the rim; pour in the pudding and bake it. It will take about as long baking as a custard.

ORANGE, OR LEMON TARTS.—Take 6 lemons, rub them well with salt, and put them into water and salt

for 2 days; change them into fresh water every day (without salt) for a week; boil them till they are tender, cut them into halves, and then act in three-quarter ways as thin as you can. Take 6 pippins pared, cored and quartered, and a pint of water, in which let them boil till the pippins break; put the liquor to your orange or lemon, with half the pulp of the pippins well broken, and 1 lb. of sugar. Boil together a $\frac{1}{4}$ of an hour, and squeeze an orange in it; for a lemon tart, squeeze a lemon; 2 spoonfuls are enough for a tart. The patty-pans must be small and shallow. Use fine puff paste, and very thin. A little baking will do. Before putting into the oven, rub them over with melted butter, and sift double refined sugar over them.

ORANGE PUFFS.—Pare off the rind of Seville oranges, boil them well in 3 or 4 waters, and let them lie in water 3 days: then dry them, and beat them very well in a mortar; then put in the juice of oranges, and as much sugar as will make it very sweet; then boil till it is thick, and when it is cold put it into puff paste, and bake it.

ORANGE WINE.—Put 6 lbs. of fine sugar, and the whites of 4 eggs well beaten, into 3 gallons of spring water; boil $\frac{1}{2}$ an hour, scumming it all the time: when nearly cool, put to it the juice of 24 Seville oranges, 3 spoonfuls of good yeast, and let it stand 2 days; put it into another vessel with 1 pint of brandy, and the juice of 6 lemons; let the juice of the lemons and the wine, and 1 lb. of double-refined sugar, stand closely covered 12 hours before it is put into the orange wine, and scum off the seeds. The lemon peels must be put in with the oranges; half the rind must be put into the vessel. It must stand 10 or 12 days before it is fit to bottle.

OXFORD PUDDING.—Grate 4 ozs. of bread crumbs; take next finely chopped, currants, of each 4 ozs.; a large spoonful of sugar, and a little nutmeg; mix all together. Take the yolks of 3 eggs, and make your puddings up into balls, and fry them a light brown in butter, serve with cherry wine or rum sauce.

OX PALATES, *to stew*.—Put the palates into cold water, and let them stew very softly till they are tender. Cut them into pieces, and dish them with cock's combs and artichoke bottoms cut small; garnish with lemon sliced, and sweet breads, stewed for white dishes, and fried for brown ones; for both, cut into little pieces.

OX-RUMP SOUP.—One rump of beef will make it stronger than double the same quantity of other meat. Make it like gravy-soup, and give it what flavour you like.

OYSTERS.—The Pyeflect, Colchester, Milton, and Milford, are the best. The mode of feeding them, is by placing them on the bottom shell in a pan or tub, having first washed them clean with a birch-broom, sprinkle them with oatmeal and salt, and cover them with water. Repeat this every day, and they will fatten.

OYSTERS, *Escaloped*.—Put them into escalop shells with crumbs of bread, pepper, salt, nutmeg, and a bit of butter, and roast them before the fire in a Dutch oven.

OYSTER PATES.—Beard the oysters, and cut each oyster in about 6 pieces, put a bit of butter into a stewpan, and proceed in the same manner as for lobsters.

OYSTERS, *to broil*.—Make a batter of milk, eggs, and flour; wash the oysters, wipe dry, dip them in the batter, roll them in crumbs of bread, and a little mace beat fine. Fry them in very hot butter or lard.

Or, beat 4 eggs with salt, a little nutmeg grated, a spoonful of grated bread, and make it as thick as batter for paneakes, with flour: drop the oysters in and fry them brown. They are to garnish any dish of fish.

OYSTERS, *to pickle*.—After taking out the oysters, to each quart of liquor put a teaspoonful of pepper, 2 blades of mace, 3 tablespoonfuls of white wine, and 4 of vinegar, also a tablespoonful of salt. Simmer the oysters in this 5 minutes, then take them out and put in jars, then boil the pickle, skim it, and pour it over them.

OYSTERS, *Ragout of*.—Open 4 doz, of the largest

Milton oysters, save the liquor, and proceed as directed for fried oysters. When fried, lay them on a drainer before the fire; empty your pan, dust some flour all over it, put in 2 ozs. of butter, and when it is melted thick, strain in the oyster-liquor, stir it together; put in 2 ozs. of pistachio nuts shelled, and let them boil; add $\frac{1}{2}$ pint of white wine, beat up the yolks of 2 eggs in 4 spoonfuls of cream, and stir it till of a proper thickness; pour the ragout over the oysters.

OYSTER SAUCE.—Blanch and strain the oysters, beard them, put them into a stewpan with a piece of fresh butter, and the oyster liquor, with some flour and water to thicken it; season with lemon juice, anchovy liquor, Cayenne pepper, and ketchup. When it boils, skim it, and let it simmer 5 minutes.

P

PANADA.—Put a little water in a saucepan with a glass of wine, sugar, nutmeg, and lemon-peel. When it boils, put grated bread or biscuit in, and boil it fast. When of a proper thickness to drink, take it off. It is very good with a little rum, and butter instead of the wine.

PANCAKES.—Take a pint of thick cream, 6 spoonfuls of sack, and $\frac{1}{2}$ a pint of fine flour, 6 eggs (3 whites,) a grated nutmeg, a $\frac{1}{4}$ lb. of melted butter, a very little salt, and some sugar; fry then thin in a fry pan.

PANCAKES. *Rice*.—Boil $\frac{1}{2}$ lb. of rice to a jelly in water; when cold, mix with it a pint of cream, 8 eggs, salt, and nutmeg; stir in $\frac{1}{2}$ lb. of butter just warmed, and add as much flour as will make the batter thick enough. Fry in as little lard as possible.

PARSLEY, *to crisp*.—Pick and wash your parsley, put it into a Dutch oven. Set it a moderate distance from the fire, and keep turning it till crisp. Lay little bits of butter on it, but not to make it greasy. This is better than frying.

PARSNIPS, *to boil*.—Parsnips are an agreeable

sauce for salt fish. They should be boiled in a great deal of water, and when they are soft take them up, carefully scrape all the dirt from them, put them in a saucepan, with some milk, and stir them over the fire till they are thick. Add a piece of butter, a little salt, and send them to table with melted butter.

PARSNIPS, *to stew*.—Scrape them clean, boil them tender, cut them into slices, put them into a saucepan with cream for sauce, a piece of butter rolled in flour, a little salt, and shake the saucepan often. When the cream boils, pour them into a plate for a corner-dish, or a side-dish at supper.

PARTRIDGE.—When these birds are young, the legs are yellowish, and the bill is of a dark colour. If they are fresh, the vents will be firm; but if stale, they look of a pale green. If old, the bills are white and the legs blue.

Woodcocks, Snipes, Moor and White Game, Heath Fowl, Quails, &c., &c., may be judged by the same rules.

PARTRIDGES, *to roast*.—When they are a little under roasted, dredge them with flour, and baste them with fresh butter; let them go to table with a fine froth, putting good brown gravy in the dish, and bread sauce on the table.

PASTE-ROYAL, *for Patty-pans*.—Work 1 lb. of flour with $\frac{1}{2}$ lb. of butter, 2 ozs. of fine sugar, and 4 eggs.

PASTE *for Raised Pies*.—To a quartern of flour, take 1 lb. of butter, and cut it in pieces in a saucepan of water over the fire; when the butter is melted, make a hole in the flour, skim off the butter, put it in the flour, with some of the water; and make it up in a stiff paste.

PASTE *for Tarts*.—Put $2\frac{1}{2}$ lbs. of butter to 3 lbs. of flour, and $\frac{1}{2}$ lb. of fine sugar beaten; rub the butter in the flour, and make it into a paste with cold milk, and 2 spoonfuls of brandy.

PASTE, *for Tarts*.—Loaf sugar, flour, and butter,

equal weights of each ; mix thoroughly by beating with a rolling-pin, for half an hour ; folding up and beating again and again.

When properly mixed, pinch off small pieces and roll out each crust by itself, which causes them to dish so as to hold the tart-mixture. This makes a short pie-crust,—this is the plan to make it.

PASTE for Venison Pasties.—Take 2 lbs. of butter to a quartern of flour, rub in all your flour, but not too small ; make it into a paste, and beat it with a rolling-pin for an hour before it is used ; you may beat 3 or 4 eggs, and put them into the paste.

PEACHES, to dry.—Take the ripest peaches, pare them into water, take their weight in refined sugar ; of one half make a very thin syrup ; put in your peaches, boiling them till they look clear, and split and stone them. Boil them till tender, and drain them. Take the other half of the sugar and boil it almost to a candy, put in your peaches, and let them lie all night, lay them on a glass, and set set them in a stove till they are dry.

PEACHES, to preserve.—Put them in boiling water, and give them a scald, immerse them in cold water, dry them in a sieve and put them into bottles ; to half a dozen of peaches, use a $\frac{1}{4}$ lb. of sugar, pour it over the peaches, and fill the bottles with brandy. Stop them close, and keep them in a dry place.

PEARS, to preserve.—Take 2 lbs. of pears, well pared ; white sugar, 2 lbs. ; the rind and juice of a lemon, and 2 cupfuls of water. First boil in the water only half an hour ; take out, drain, and cool ; put them in again with the sugar, lemon, and a cupful of water, and boil 20 minutes ; take out and cool till next day ; repeat for 2 days ; put in a jar, and cover close. Flavour as you like.

PEARS, to stew.—The stone pears are the best. They are large and very hard, and when stewed are most delicious. Peel, core, and quarter them ; use one-third or one-fourth their weight of sugar, and a little water, put

into a basin, and stew gently. Some boil them in a tin pan, and add wine and a clove or two.

PEARS, *to stew*.—Pare 6 pears, and quarter them. They make a neat dish with one whole and the rest cut in quarters. Lay them in a deep earthen pot, with a few cloves, a piece of lemon-peel, a gill of red wine, and a $\frac{1}{4}$ lb. of fine sugar. If the pears are large, they will take $\frac{1}{2}$ lb. of sugar, and $\frac{1}{2}$ pint of proof wine; cover them close with paper, and bake them. Serve them up hot or cold.

PHEASANTS, *to choose*.—They are of a fine flavour. The cock has spurs, which the hen has not, and the hen is most valued when with egg. The spurs of a young cock pheasant are short and blunt, or round; but if he be old they are long and sharp. If the vent of the hen be open and green, she is stale; and when rubbed hard with the finger, the skin will peel. If she be with egg, the vent will be soft.

PEASE SOUP.—Boil with a piece of pickled pork or ham, some split peas, till tender enough to pulp through a sieve; then add liquor sufficient to make them a proper thickness, with pepper, salt, cayenne pepper, and 2 anchovies, pounded very fine through a sieve.

When ready to send to table, put fried bread, cut in dice, and dried mint, that has been sifted, into the tureen.

PERSIAN SHERBET.—Pulverized sugar, 1 lb.; carbonate of soda, 4 ozs.; tartaric acid, 3 ozs.; put all the articles into the oven when moderately warm, upon separate paper, to dry out all dampness absorbed from the air, then rub about 40 drops of lemon oil, or any other flavoured oil thoroughly with the sugar in a mortar, then add the soda and acid, and rub until all are thoroughly mixed.

Bottle and cork very tight. A tablespoonful put into a tumbler nearly filled with water, and quickly drank, makes an agreeable summer beverage; three or four glasses act as a gentle cathartic; hence for those habitually costive it will be found nearly equal to the seidlitz powder, and for children pleasanter.

PHEASANTS, to roast.—Lard a brace of pheasants with bacon ; butter a piece of white paper, and put over the breasts, and about 5 minutes before they are done, take off the paper : flour, and baste them with butter, to make a fine froth ; put good brown gravy in the dish, and bread-sauce, as for partridges, in a boat ; garnish with lemon.

PHILADELPHIA BEER.—Water, 30 gallons ; Brown sugar, 20 lbs. ; ginger, bruised, $1\frac{1}{4}$ lbs. ; cream of tartar, $\frac{1}{4}$ lb. ; carbonate of soda, 3 ozs. ; oil of lemon, and alcohol, 1 teaspoonful ; whites of 10 eggs, well beaten ; hops, 1 oz. ; yeast, 1 quart.

Boil the ginger and hops 25 minutes in so much of the water as to make the whole milk warm, then strain into the rest, add the yeast, and work over night : skim and bottle.

PIE CRUST GLAZE.—In making any pie which has a juicy mixture, the juice soaks into the crust, making it unfit to eat : to prevent this—

Beat an egg well, and with a brush or bit of cloth, wet the crust or the pie with the beaten egg, just before you put in the pie mixture.

For pies which have a top crust also, wet the top with the same before baking, which gives it a beautiful yellow brown. It gives beauty also to biseuit, ginger cakes, and is just the thing for rusk, by putting in a little sugar.

PICKLE, for Beef.—Mix in 4 gallons of water $1\frac{1}{2}$ lb. of sugar or molasses, and of saltpetre, 2 ozs. If it is to last a month or two, put in 6 lbs. of salt ; if you wish to keep it over summer, use 9 lbs. of salt. Boil all together gently, and skim, and cool.

Put the meat in the vessel in which it is to stand, pour the pickle on the meat till it is covered, and keep it for family use.

Once in two months boil and skim the pickle, and throw in 2 ozs. of sugar and $\frac{1}{2}$ lb. of salt.

When tongues and hung beef are taken out, wash and dry the pieces, put them in paper bags and hang in a dry, warm place. In very hot weather rub the meat well with

salt before it is put in the pickle, and let it lie 3 hours for the bloody portion to run out. Too much saltpetre is injurious.

Another by measure, and with less trouble.—For every gallon of cold water, use a quart of rock salt, a heaped tablespoonful of saltpetre, 6 heaped tablespoonfuls of brown sugar, and 2 quarts of bay salt. No boiling is needed; keep it as long as there is salt undissolved at the bottom. When scum rises scald it, and add more sugar, salt, and saltpetre. Keep weights on the meat to keep it under.

In very hot weather fresh meat will often spoil if it is put in cold pickle. At such times put the meat into hot pickle and boil it for 20 minutes, and the meat will keep a month or more. If you save the pickle, add a little more salt to it.

PIG, to bake.—Lay it in a dish, flour it well, and rub it over with butter; butter the dish, and put it into the oven. When enough take out, and rub it with a buttered cloth; put it into the oven again till it is dry; take it out, and lay it in a dish; cut it up, take a little veal gravy, and take off the fat in the dish it was baked in, and there will be some good gravy at the bottom; put that to it with a little butter rolled in flour; boil it up, and put it into the dish with the brains and sage in the belly. Some like a pig brought whole to table; then you are to put what sauce you like into the dish.

PIG, Barbecued, or Roasted whole.—Prepare a young pig as for roasting. Make a forcemeat of 2 anchovies, 8 sage leaves, and the liver, put them into a mortar with crumb of bread, 4 ozs. of butter, $\frac{1}{2}$ teaspoonful of cayenne pepper, and $\frac{1}{2}$ pint of port wine. Beat it to pulp, put it in the pig's belly, and sew it up. Lay it at a good distance before a brisk fire, put wine into the dripping pan, and baste it well while roasting. When half done put more bread into the dripping pan; should the wine be reduced, add more. When nearly done, take the bread and sauce out of the dripping pan, and put to the meat an anchovy chopped small, a sauce of sweet herb, and add a

lemon. Boil it a few minutes, strain your sauce, and pour it on boiling hot. Garnish with barberries and sliced lemon.

PIG, to roast.—Chop some sage and onion very fine, a few crumbs of bread, a little butter, pepper, and salt, rolled up together, put it into the belly, and sew it up before you lay down the pig: rub it all over with sweet oil; when it is done take a dry cloth and wipe it, then take it into a dish, cut it up, and send it to table with the sauce as before.

PIG, to stew.—Roast a pig till it is quite hot, skin it, cut it in pieces, and put it into a stew-pan, with strong gravy, a gill of sherry wine, some pepper, salt, and nutmeg, an onion, a little marjoram, 3 spoonfuls of elder vinegar, and a piece of butter; cover all close, and stew it gently over a slow fire. Put sippets in the dish, serve it up hot, and garnish it with lemon, sliced.

PIGEONS, to boil.—Boil the pigeons by themselves for a quarter of an hour; with a proper quantity of bacon cut square, laid in the middle of the dish. Stew some spinach, and lay the pigeons on the spinach. Garnish with parsley dried crisp before the fire.

PIGEONS, to broil.—Put butter, shred parsley, pepper and salt in the bellies of the pigeons, and tie them up at the neck and vent. Set your gridiron high, that they may not burn, and serve with melted butter. Or they may be split, and broiled with a little pepper and salt.

PIGEONS, to fricassee.—Quarter each pigeon, and fry them. Fry green peas till they are like to burst. Pour boiling water on them, and season with pepper, salt, onions, garlic, and parsley. Thicken with yolks of eggs.

PIGEONS, to jug.—Season the pigeons with pepper and salt; stuff them with their own livers, shred with beef suet, bread-crumbs, parsley, marjoram, and 2 eggs, sew them up at both ends, and put them into the jug, the breast downwards, with $\frac{1}{2}$ lb. of butter. Stop the jug, that no steam may get out; and set them in a pot of water

to stew 2 hours. When enough, take them out of the gravy, skim off the fat; put a spoonful of cream, a little lemon-peel, an anchovy, a few mushrooms, and a little white wine to the gravy, thicken with butter and flour; dish up the pigeons, and thicken with butter and flour, and pour the sauce over them. Garnish with lemon.

PIGEONS, *to roast*.—Take a little pepper and salt, a piece of butter and parsley cut small, mix, and put into the bellies, tying the necks tight; take another string, fasten one end of it to the legs and rumps, and the other to a hanging spit. Constantly turn, and baste with butter, when done, lay them in a dish, and they will swim with gravy.

PIGEONS, *to stew*.—Stuff the bellies of the pigeons with a seasoning made of ground pepper, salt, beaten mace, and sweet herbs shred fine. Tie up the neck and vent, when half roasted, put them into a stew-pan, with some gravy, white wine, pickled mushrooms, and a bit of lemon-peel. Stew them till enough. Thicken the liquor with butter and the yolks of eggs. Dish the pigeons, and pour the sauce over them. Garnish with lemon.

PIGEON PIE.—Make a puff-paste crust, cover your dish, pluck and clean the pigeons, season with pepper and salt, and put a good piece of butter with pepper, and salt, in their bellies; lay them in the pan, the necks, gizzards, livers, pinions, and hearts, lay between, with the yolk of a hard egg and a beef-steak in the middle; put as much water as will almost fill the dish, lay on the top crust, and bake. This is the best way to make a pigeon-pie; but the French fill the pigeons with a very high force-meat, and lay force-meat balls round the inside, with asparagus-tops, artichoke bottoms, mushrooms, &c., and season high.

PIGEONS, *Ricci*.—Take 6 pigeons, and truss them as for baking, break the breast-bones, season and stuff them as for jugging, put them into a deep dish and lay over them $\frac{1}{2}$ lb. of butter; put into your dish a half water. Take $\frac{1}{2}$ lb. of rice, crepe it out as for crêpes, and pour it

upon the back of a sieve, let it stand till cold, then take a spoon and flat it like paste on your hand, and lay on the breast of every pigeon a cake ; lay round your dish some puff-paste not over thin. and send them to the oven ; $\frac{1}{2}$ an hour will bake them. This is proper at dinner for a side-dish.

PIGEONS AND PLOVERS.—These birds should be very fresh ; the feet should be supple ; if old, the feet are harsh. Many persons prefer the tame pigeons to the wild.

The Field-fare, Lark, Thrush, &c., may be chosen by the same rules.

PIKE.—Cut a large pike, and lard it with eel and bacon ; take thyme, savoury, salt, mace, nutmeg, crumbs of bread, beef suet, and parsley, all shred fine, mix with raw eggs, and put in the pike's belly ; sew up the belly, dissolve 3 anchovies in butter, to baste it with ; put 2 laths on each side the pike, and tie it to the spit ; melt butter thick, for sauce. Garnish with lemon.

PIKE OR JACK, *to boil*.—Gut and clean well with salt and water ; fasten the tail in the mouth with a skewer, then put it into a stew-pan with water to cover it, a little vinegar and salt, and a piece of horse-radish sliced. Garnish with sliced lemon and scraped horse-radish, and anchovy, shrimp, or soy-sauce ; or melted butter and ketchup.

PLAICE AND FLOUNDERS, *to choose*.—These fish are in season from January to March, and from July to September. The best plaice are blueish on the belly, but flounders should be of a cream colour.

PLUMS, *to preserve*.—The same as Damsons, which see.

PLUMS, *to pickle*.—Best vinegar, 1 pt. ; sugar, 4 lbs. ; plums, 5 lbs. ; spices to taste.

Boil them in the mixture until soft ; then take out the plums, and boil the syrup until quite thick and pour it over them again.

PLUM CAKE.—Flour 1 lb.; butter, $\frac{1}{4}$ lb., beaten to a cream; loaf sugar, $\frac{1}{2}$ lb.; currants, $\frac{1}{4}$ lb.; raisins, stoned, $\frac{1}{4}$ lb.; candied lemon, 2 ozs., finely sliced; $\frac{1}{2}$ cupful of brandy; 2 teaspoonfuls of Baking powder. Bake in a slow oven for 2 hours. It may be flavoured with such spices as you like, as nutmeg, mace, cloves, &c.

PLUM PUDDING, American.—An eight-cent loaf of baker's bread broken into $1\frac{1}{2}$ pint of sweet milk, and soaked all night; $\frac{1}{2}$ lb. of butter or suet, $3\frac{1}{2}$ lbs. of brown sugar, 1 lb. of raisins, 1 lb. of currants, $\frac{1}{4}$ lb. of citron, nutmeg, 2 tablespoonfuls of salt, 5 eggs beaten light, $\frac{1}{4}$ pint of wine, $\frac{1}{4}$ pint of brandy. Boil steadily 9 hours. To be eaten with rich sauce.

PLUM PUDDING--BAKED--American.—Suet, well chopped, salt, $\frac{1}{2}$ teaspoonful; bread crumbs. $\frac{1}{2}$ lb.; raisins, stoned, currants, sugar, of each $\frac{1}{2}$ lb.; citron, 3 ozs.; 6 eggs. Pour scalded milk on the bread crumbs sufficient to swell them; when cold add the rest. If too stiff, thin it with milk; if too thin, add more bread crumbs. Flavour with two grated nutmegs, a tablespoonful of mace and cinnamon, and half a cupful of brandy. Bake two hours.

PLUM PUDDING, boiled.—Cut 1 lb. of suet into small pieces, but not too fine, 1 lb. of currants washed clean, 1 lb. of raisins, stoned, 6 yolks of eggs, and 3 whites, half a nutmeg grated, a teaspoonful of beaten ginger, 1 lb. of flour, and a pint of milk. Beat the eggs first, then put to them half the milk, and beat them together with a little sugar, and by degrees stir in the flour, then the suet, spice, and fruit, as much milk as will mix it well together very thick. It will take 5 hours boiling.—Some use less milk and put in wine or brandy.

PLUM PUDDING,—Old English, for Christmas.—Take of raisins, well stoned, but not chopped; currants, well washed, 1 lb. each; chop suet, 1 lb., finely, and mix with them; add $\frac{1}{4}$ lb. of flour or bread very finely crumbled; 3 ozs. of sugar; $1\frac{1}{2}$ oz. of grated lemon peel, a blade of mace, $\frac{1}{2}$ of a small nutmeg, 1 teaspoonful of ginger, $\frac{1}{2}$ doz. eggs well beaten; work it well together, put it in a cloth,

tie it firmly, allowing room to swell ; put it into boiling water, and boil not less than 2 hours. It should not be suffered to stop boiling.

The cloth when about to be used, should be dipped into boiling water, squeezed dry, and floured ; and when the pudding is done, have a pan of cold water ready, and dip it in for a moment, as soon as it comes out of the pot, which prevents the pudding from sticking to the cloth.

PLUM WINE.—Take 20 lbs. of Malaga raisins, pick, rub, shred them, and put them into a tub ; take 4 gallons of water, boil an hour, let it stand till it is blood-warm, and put it to your raisins ; let it stand 9 or 10 days more, stirring it twice a day. Strain out your liquor, and mix it with 2 quarts of damson-juice, put it in a vessel, and when it has done working, stop it close ; at the end of 4 or 5 months bottle it.

POLONIA SAUSAGES. *A good old Receipt.*—Take 10 lbs. of a good loin of pork, fat and lean together, keeping out the skins and sinews. Shred the pork, but not too fine ; take 1 oz. of pepper, cloves, and mace, coarsely beaten together ; add salt as it needs ; add parsley and sage sufficient to season. Mix all well together, as you would do paste. Tie the end of the gut or skin ; prick the gut where the wind gathers, and let it out ; tie up the other end, and hang up to dry, but not too fast. Make the skins of wethers or beef-guts ; make the polonia a foot long.

Some use a little bacon or ham, and the yolks of eggs.

PORK, *to choose.*—Measly pork is very dangerous to eat ; but this state is easily discovered, by the fat being full of little kernels. If it be young, the lean will break on being pinched, and the skin will dent, by nipping it with the fingers ; the fat, like lard, will be soft and pulpy. If the rind be thick, rough, and cannot be nipped with the fingers, it is old. If the flesh be cool and smooth, it is fresh ; but if it be clammy, it is tainted.

PORK, *to collar.*—The same as *Veal, Breast of, to collar*, which see.

PORK, *Chine of, to Stuff*.—Make a thick stuffing of the fat or leaf of pork, parsley, thyme, sage, eggs, and crumbs of bread ; season it with pepper, salt, shallots, and nutmeg ; roast it gently, and when it is about a quarter roasted, cut the skin in slips. Serve it up with apple sauce, &c., as for a spare-rib.

PORK, *Leg of, to boil*.—Lay it a week in salt, and put it into the pot. It requires much water to swim it over the fire, and also to be fully boiled ; take care that the fire does not slacken while it is dressing. Serve it up with pea-pudding, turnips, or greens.

PORK, *Leg of, to roast*.—Parboil the leg, take off the skin, lay it down to a clear fire, and baste it with butter ; shred sage fine, mix with pepper, salt, nutmeg, and bread crumbs. Strew some of the mixture occasionally over it ; baste it again with butter just before you take it up, so that it may be well frothed. Serve with gravy in the dish, and with potatoes and apple sauce. Or, cut a slit in the knuckle, and fill the space with sage and onion chopped, and a little pepper and salt.

PORK, *Loin of, to roast*.—Put no flour on, as it makes the skin blister : sauce as for a leg.

PORK, *Neck of, rolled*.—Take out the bones ; put a forcemeat of chopped sage, a very few crumbs of bread, salt, pepper, and 2 or 3 berries of allspice, over the inside : roll the meat as tight as you can, and roast it slowly ; put it down at a moderate distance at first.

PORK, *Pickled*.—Wash the pork and boil it till the rind is tender. Always serve with boiled greens. It is commonly a sauce of itself to roasted fowl, or veal.

PORK SAUSAGES.—Chop fat and lean pork together ; season it with pepper, salt, and sage ; take the hog's entrails when made clean, but do not above half fill them. Or they may be fried as directed for the veal sausages. Serve on mashed potatoes ; put them into a form, brown with a salamander ; prick them with a fork before dressing or they will burst.

PORT WINE.—Fully ripe wild grapes, 2 bushels ; best alcohol, 3 gallons ; sugar, 25 lbs. ; water to fill the barrel.

Bruise the grapes without breaking the seed ; put them into a barrel with the sugar and alcohol, and fill up with soft water, let it lie a few weeks in the sun ; or if the weather is cold, in a warm place ; then in the cellar until spring ; then rack off the bottle or barrel. It is a valuable wine.

POTATOE PIE.—Slice potatoes very fine ; season with salt, butter, and milk ; put a layer of potatoes at the bottom, and upon them any kind of meat you please, or cold meat, with pepper, salt, butter, and ketchup, or any cold gravy ; put in another layer of potatoes, and then of meat till the dish is full. Cover with a crust.

PUDDING. *plain baked.*—Boil a quart of milk, stir in flour till thick, add $\frac{1}{2}$ lb. of butter, 6 ozs. of sugar, a nutmeg grated, a little salt, 10 eggs, five whites. Mix well, put it into a buttered dish, and bake it three-quarters of an hour.

PUDDING. *plain boiled.*—Take a pint of new milk, mix with it 6 eggs well beaten, 2 spoonfuls of flour, half a nutmeg grated, a little salt and sugar. Put it in a cloth into boiling water. Half an hour will boil it. Serve it with melted butter.

PUDDING. *Poor man's.*—Take some stale bread ; pour over it some hot water till it is soaked ; press out the water, and wash the bread ; add some powdered ginger, nutmeg grated, and a little salt ; some rose-water, sugar, and currants ; mix them together, and lay it in a pan well buttered on the sides ; when it is well flatted with a spoon, lay some pieces of butter on the top : bake it in a gentle oven, and serve it hot. Turn it out of the pan when it is cold, and it will eat like a cheesecake.

PUFF PASTE.—Take a quartern of flour, and $1\frac{1}{2}$ lb. of butter ; rub a third-part of the butter in the flour, and make a paste with water ; roll out the paste, and put the butter upon it in bits and flour it ; fold it up, and roll

it again ; after this put in more butter, flour it, fold it, and roll it twice before you use it.

PUFF PASTE, *Another*.—Mix flour and water, and a little baking powder, about as hard as butter ; take the butter into your hands in cold weather, well worked ; then roll the paste out to the thinness of a quarter of an inch, and spread over it pieces of butter, with a little flour over every piece ; fold it up, and roll it out as light as possible twice ; let it stand in a very cold place for 2 hours, then make it up for the use you want it.

The quantity of butter used, should be half the weight of the paste, when made with flour and water.

Q

QUAKING PUDDING.—Take a small white loaf grated, 2 spoonfuls of flour or rice, and 7 eggs beaten up. Put them in a quart of cream. Season it with nutmeg grated, and rose-water. Tie it up, boil it an hour, and serve it up with plain melted butter, and with sugar and a little wine.

QUEEN CAKES.—Take 1 lb. of sugar beat fine, pour in the yolks and whites of 2 eggs, $\frac{1}{2}$ lb. of butter, a little rose-water, 6 spoonfuls of warm cream, 1 lb. of currants, and as much flour as will make it up ; stir them well together, then put them into well-buttered patty pans, bake in an oven almost as hot as for bread for $\frac{1}{2}$ hour, take them out, glaze them, and let them stand a little after the glazing is on, to rise.

QUICK INDIAN PUDDING.—Take $1\frac{1}{2}$ cupfuls of sour milk, 2 eggs well beaten, 1 small teaspoonful of saleratus, dissolved in the milk ; then sift in dry corn meal, and stir to the consistence of corn bread : then stir in $\frac{1}{4}$ lb. of any of the fruits mentioned above : or if you have no fruit, it is nice without.

Tie up and boil 1 hour : sweetened cream with a little nutmeg makes a nice sauce.

QUIN'S GAME AND MEAT SAUCE.—Put 1 oz. of

butter, 2 onions, 2 shallots, and a clove of garlic sliced, a small piece of carrot and parsnip, a bay-leaf, thyme; and 2 cloves, into a stewpan, shake it over the fire till it begins to colour, add a dust of flour, a glass of port, half-a-pint of strong gravy, and strain through a sieve; season with Cayenne and salt; boil again, and strain over the meat.

R

RABBITS, to boil.—Truss the rabbits close, and boil them white. For sauce, boil the livers, and bruise with a spoon very fine, and take out the strings: put to this good veal-broth, a little parsley shred fine, with mace and nutmeg: thicken with a piece of butter rolled in flour, and a little sherry; let your sauce be of a good thickness, and pour it over your rabbits, or onion-sauce may be used. Garnish with lemon and barberries.

RABBITS, Brown, to fricasee.—Cut the legs in 3 pieces, and the other parts of the same size. Beat them thin, fry them in butter over a quick fire; and when fried, put them into a stewpan, with a little gravy, a spoonful of ketchup, and a little grated nutmeg. Thicken with flour and butter, and garnish the dish with crisp parsley.

RABBITS, to pot.—Cut off the leg bones at the thigh, put them into a pan, as close as possible, first seasoning them well with pepper, mace, salt, &c. Leave out the heads and bodies, but take off the firm meat. Put in plenty of butter, and bake it. When quite cold, put it into the pots, and cover with clarified butter.

RABBITS, to roast.—Baste them with good butter, and dredge with flour. Half an hour will roast them at a quick fire; and, if very small, 20 minutes. Take the livers, with a bunch of parsley, boil and chop them very fine together. Melt some butter, and put half the liver and parsley into the butter; pour it into the dish, and garnish the dish with the other half. Roast them to a fine light brown.

RABBIT, to roast like a Hare.—Let it hang in the skin 4 days; skin it, and lay it for 36 hours in a seasoning

of black pepper and allspice in fine powder, a glass of port, and an equal quantity of vinegar. Turn it frequently; stuff it as a hare, and use for it the same sauce.

RABBITS. *White, to fricassee* --Half roast 2 rabbits, cut them in pieces, using only the whitest parts; put them into a stewpan, with sufficient white gravy, an anchovy, an onion, shred mace, grated lemon-peel, and nutmeg grated: let it have one boil. Take a little cream, the yolks of 2 eggs, a lump of butter, a little juice of lemon, and shred parsley: put all into a stewpan, and shake them over the fire till they become white as cream, but do not let it boil, or it will curdle. Garnish the dish with sliced lemon and pickles.

RABBITS, *Surprised*.—Skewer and stuff 2 young rabbits as for roasting. Roast and take the meat from the bones, which must be left whole. Chop the meat fine, with shred parsley, lemon-peel, 1 oz. of beef marrow, a spoonful of cream, and a little salt. Beat the yolks of 2 eggs boiled hard, and a piece of butter, in a mortar, mix all together, and stew it 5 minutes; lay it on the rabbits where the meat is off, and put it down close and even, to make them appear whole; then, with a salamander brown them all over. Pour a gravy, made thick as cream, into the dish, and serve them with the livers boiled and frothed.

RADISH PODS. *to Pickle*.—Make a pickle with cold spring-water, and bay-salt strong enough to bear an egg; put your pods in, and lay a thin board upon them to keep them under water. Let them stand 10 days, drain them in a sieve, and lay them in a cloth to dry. Take white wine vinegar, as much as will cover them, boil it, and put the pods in a jar, with ginger, mace, cloves, and pepper. Pour in your vinegar, boiling hot; cover them with a coarse cloth, 3 or 4 times double, that the steam may come through a little, and let them stand 2 days. Repeat this twice or thrice; when cold, put in a pint of mustard-seed, and some horse-radish; cover them close.

RAISIN WINE.—To every gallon of clear river

water, put 5 lbs. of Malaga or Belvidere raisins ; steep a fortnight, stirring them every day ; pour the liquor off, squeeze the juice of the raisins, and put both liquors together in a vessel that will contain it exactly. Let the vessel stand open till the wine has done hissing ; add a pint of French brandy to every 2 gals. : stop it close, and when it is fine, bottle it.

RASPBERRY CREAM.—Take a quart of thick cream, let it boil up, put it off the fire, and strain the juice of raspberries into it, let it be almost cold when you mix it, and afterwards stir it one way for $\frac{1}{4}$ of an hour ; sweeten it to your taste, and when cold send it up.

RASPBERRY JAM.—Bruise a pint of currant jelly and a quart of raspberries well together, set them over a slow fire. Let it boil 5 or 6 minutes, and stir it all the time, pour it into the gallipots, and paper them. They will keep for 2 years.

RASPBERRY PASTE.—Mash a quart of raspberries, strain one half, and put the juice to the other half. Boil them a quarter of an hour, put to them a pint of red currant juice, and boil all together. Put $1\frac{1}{2}$ lb. of refined sugar into a pan, with water to dissolve it, and boil it to a sugar again. Put in your raspberries and juice, give them a scald, and pour it into glasses or plates. Put them in a stove, and turn them often till dry.

RASPBERRIES, to preserve.—Choose raspberries that are not too ripe, and take the weight of them in sugar ; wet your sugar with a little water, put in your raspberries, and boil them softly ; take heed of breaking them. When they are clear, take them out. Boil the syrup till it is thick, put them in again, and when they boil, put them into glasses.

RED CABBAGE, to stew.—Lay a red cabbage in cold water for an hour, cut it into thin slices across, then into little pieces. Put it into a stew-pan, with a pound of sausages, a pint of gravy, and a bit of ham ; cover it close, and stew it half an hour ; take the pan off the fire, skim

off the fat, shake in a little flour, and set it on again. Let it stew 3 minutes, lay the sausages in the dish, and pour the rest all over. You may add half a spoonful of vinegar.

RHUBARB TART.—One pint stewed rhubarb, 4 ozs. of sugar, $\frac{1}{2}$ pint of cream, 2 ozs. pounded cracker, 3 eggs. Rub the stewed rhubarb through a sieve; beat the other ingredients well, and add. Bake with a bottom crust only, half an hour.

RHUBARB TART.—Cut the stalks in lengths of 4 inches, and take off the thin skin. If you have a hot hearth, lay them in a dish; put over a thin syrup of sugar and water, and let it simmer very slowly an hour—or do them in a block-tin saucepan. When cold, make them into a tart.

RHUBARB WINE.—An agreeable and wholesome wine is made from the juice of garden rhubarb.

To each gallon of juice add 1 gallon of soft water in 7 lbs. of brown sugar, in which dissolve; fill a barrel with this proportion, and keep it filled with sweetened water as it works over, until clear.

Fill the barrels, and let them stand until spring, and bottle, as all wines are best in bottles.

RHUBARB WINE. *for present use.*—For every 4 lbs. of the stalks cut fine, pour 1 gallon of boiling water, adding 4 lbs. of brown sugar, a little cinnamon, allspice, cloves, and nutmeg grated for flavouring; let it stand 24 hours, strain and ferment a few days, and bottle.

RICE CREAM.—To 1 quart of cream and 1 of milk, add 3 ozs. of well washed rice, simmer it gradually over a middling fire, for 2 hours or more, with a blade or two of cinnamon and mace. When the rice is sufficiently boiled, add some grated nutmeg. This is highly nourishing, and forms a light and agreeable supper.

RICE CUSTARDS.—Boil a quart of cream, a blade of mace, grated nutmeg, and put in boiled rice well beaten with the cream; mix them together, stirring them all the time they boil. When enough, sweeten it to your taste;

put in a little orange-flower water or brandy, and put it into cups.

RICE PUDDING.—Set $\frac{1}{2}$ lb. of ground rice, with 3 pints of milk upon the fire, boil it well, and when it grows near cold, put to it 8 eggs beaten, $\frac{1}{2}$ lb. of butter, $\frac{1}{2}$ lb. of sugar, and sufficient cinnamon, nutmeg, and mace. Half an hour will bake it.

You may add a few currants, candied-lemon, citron-peel, or other sweetmeats; and lay a puff-paste first all over the sides and rim of the dish.

RICE PUDDING.—Take $\frac{1}{4}$ lb. of rice, and $\frac{1}{2}$ lb. of raisins stoned. Tie them in a cloth so as to give the rice room to swell. Boil it 2 hours, and serve it up with melted butter, sugar, and grated nutmeg thrown over it.

RICE PUDDING—Ground Rice.—Take $\frac{1}{2}$ lb. of ground rice, half creel in a quart of milk, when cold put to it 5 eggs well beaten, a gill of cream, a little lemon-peel shred fine, half a nutmeg grated, $\frac{1}{2}$ lb. of butter, and $\frac{1}{2}$ lb. of sugar; mix well together, put them into a dish with a little salt, and bake it with a puff paste round the dish; have a little rose-water, butter and sugar to pour over it, prick in it candied lemon or citron if you please.

Half of the above quantity will make a pudding for a side-dish.

ROASTING MEAT.—Butcher's meat, in general, requires to be allowed a quarter of an hour to each pound in roasting; an allowance should be made for the strength of the fire, or the coldness of the weather.

Have a fire in proportion to the piece of meat you intend to roast; if a thin piece, make a small brisk fire, that it may be done quickly, and if large, in proportion. Observe to keep your fire always clear at the bottom.

Pork, veal, and lamb, should be done well, or they will be unwholesome.

Large joints of beef or mutton, and always of veal, should have paper placed over the fat, to prevent its being scorched.

The best method to keep meat hot, if done before the time required, or if awaiting the arrival of company, is to

take it up when done, set the dish over a pan of boiling water, put a deep cover over it so as not to touch the meat, and put a cloth over that. This will not dry up the gravy.

ROOT BEER.—For each gallon of water used, take hops, burdock, yellow dock, sarsaparilla, dandelion, and spikenard roots, all bruised, of each $\frac{1}{2}$ oz.; boil 20 minutes, and strain while hot, add 8 or 10 drops of oil of spruce or sassafras mixed in equal proportions, when a little cooler, put in 2 or 3 tablespoonfuls of yeast; molasses, two-thirds of a pint, or white sugar, $\frac{1}{2}$ lb. gives it the right sweetness.

You can add any other root possessing medicinal properties desired in the beer. When mixed, let it stand in a jar to ferment 2 hours, bottle and set in a cool place. This is a good way to take alteratives. Families ought to make it every spring, and drink freely of it, thereby preventing doctors' bills.

RUFFS AND REEFS.—Truss them cross-legged, put slices of bacon between them, and spit them as snipes; lay them on buttered toast, pour good gravy into the dish, and serve them up hot.

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SAFFRON CAKES.—Half a peck of fine flour, 1 lb. of butter, and a pint of milk: keep stirring while on the fire, put in the butter, 1 lb. of fine sugar, strain saffron to your taste into it; take 8 eggs, with 2 yolks, and 8 spoonfuls of yeast; put the milk to it when near cold, with salt and coriander seeds; knead all together, make into cakes, and bake in a quick oven.

SAGO.—Soak it in cold water 1 hour, pour it off, wash it; add water, and simmer till the sago is clear, with spice, if approved. Add wine and sugar, and boil all up together.

SALMON, to broil.—Cut slices, an inch thick: season them with pepper and salt; lay each slice in white paper, well buttered, and twist the ends of the paper.

Broil them over a coke fire 6 or 8 minutes. Serve them in the paper with anchovy sauce.

SALMON, to collar.—Take the side of a middling salmon, and cut off the head, take out all the bones and the outside, season it with mace, nutmeg, pepper and salt, roll it up tight in a cloth, boil it, and bind it up with tape; it will take about an hour boiling; when it is boiled bind it tight again, when cold take it carefully out of the cloth and bind it about with filleting; which take off as it is eaten.

SALMON, to boil.—Lay it an hour in salt and spring water, put it into a fish-kettle, with a proportionate quantity of salt and horse-radish, and a bunch of sweet herbs. Put it in when the water is lukewarm, and boil it gently till enough, $\frac{1}{2}$ an hour if it be thick, or 20 minutes if it be a small piece. Pour off the water, drain it well, and lay it neatly upon a fish-plate in the centre. Garnish the dish with scraped horse-radish, or with fried smelts or gudgeons, and with slices of lemon round the rim. The sauce to be melted butter, anchovy, shrimp, or lobster sauce, with sliced cucumbers.

SALMON, DRIED, to boil.—Pull some into flakes; have ready some eggs boiled hard and chopped large; put both into $\frac{1}{2}$ pint of cream, and 2 or 3 ozs. of butter rubbed with a teaspoonful of flour; skim it, and stir it till boiling hot; make a wall of mashed potatoes round the inner edge of the dish, and pour it into it.

SALMON, to pickle.—Cut a salmon into $\frac{1}{2}$ a dozen round pieces; boil it in 2 parts water, and 1 of vinegar; but do not put in the fish till the liquor has boiled for $\frac{1}{2}$ an hour; when the salmon has boiled enough, take it up, and drain it; then put in 2 quarts of cherry wine, and 2 quarts of vinegar; boil a good quantity of cloves, mace, whole pepper, rosemary leaves, and bay leaves, for $\frac{1}{2}$ an hour; when the salmon is cold rub it with salt and pepper, and put it in a bottle or cask to keep it, putting a layer of bay leaves, and a small quantity of the liquor that was boiled in the

liquor ; pour the liquor on the salmon, and if it be renewed once in 3 months, the fish will keep the whole year.

SALMON, to pot.—Take a side of fresh salmon, take out the bone, cut off the head and scald it ; only wipe it with a dry cloth ; cut it in 3 pieces, season with mace, pepper, salt, and nutmeg ; put it into a flat pot with the skin side downward, lay over it 1 lb. of butter, tie a paper over it, and put in the oven ; an hour and a half will bake it. When baked take out of the pot, and lay it on a fish-plate to drain ; take off the skin to season it again, for if it be not well seasoned it will not keep ; put it into the pot ; it will keep best in little pots ; press it well down with the back of your hand, and when cold, cover it with clarified butter, and set it in a cool place.

SAUCE, for Ducks or Wild Fowl.—Simmer a cup of port wine, the same of gravy, a shallot, pepper, salt, and mace, for 10 minutes ; put in a bit of butter and flour, give it one boil, and pour it through them.

SAUCE, for Fish, of any kind.—Take a little of the water that drains from the fish ; add an equal quantity of veal gravy. Boil together, and put it into a sauce-pan, with an onion, an anchovy, a spoonful of ketchup, and a glass of white wine ; thicken it with a lump of butter rolled in flour, and a spoonful of cream. If port wine is used leave out the cream.

SAUCE, for Green Geese.—Mix a quarter of a pint of sorrel juice, a glass of white wine, and some scalded gooseberries. Add sugar, and a bit of butter.

SAUCE, for roast meat.—Wash an anchovy clean, and put to it a glass of port wine, some strong gravy, a shallot cut small, and a little juice of lemon. Stew all together, strain, and mix it with the gravy that runs from the meat.

SAUCE, for a Turkey.—Open a pint of oysters, separate the liquor, and wash them. Pour the liquor, when settled, into a sauce-pan, and stir into it a little white gravy, and a teaspoonful of lemon-juice. Thicken it with

flour and butter, and boil it 3 or 4 minutes. Add a spoonful of thick cream, and, lastly, the oysters. Stir them over the fire till quite hot, but do not let them boil.

SAUCE, for Venison or Hare.—Beat some currant jelly, with 2 spoonfuls of port wine, and melt it over a fire; or half a pint of port wine, with 2 ozs. of sugar, simmered to a syrup.

SAUCE, a Standing one.—Put in a glazed jar, with the juice of 2 lemons, 5 anchovies, some whole Jamaica pepper, some sliced ginger, mace, a few cloves, a little lemon peel, horse-radish sliced, some sweet herbs, 6 shallots, 2 spoonfuls of capers and their liquor, into a linen bag, and put it into a quart of sherry; stop the vessel close, set it in a kettle of hot water for an hour, and keep it in a warm place. A spoonful or 2 of this liquor is good to any sauce.

SAUSAGES.—Make your own; for most of the sausages are made of offal meat, tainted meat, lights, liver, blood, in fact, of any thing almost, by which to get money. Old mouldy bread, and even cats and kittens, dogs and whelps, have been used. They are highly seasoned to overpower the taste and smell of the vile and stinking materials.

SAUSAGES, Bologne.—Take equal portions of beef, veal, pork, and ham; fat and lean together; chop them fine, sweeten with sweet herbs and pepper, and a little sage; put in cases, or rolls, by putting in the white of an egg, boil till tender, and then dry them.

SAUSAGES, Hamburgh.—Mince 1 lb. of beef very small, with $\frac{1}{2}$ lb. of best suet; then mix $\frac{3}{4}$ lb. of suet cut in large pieces; season with pepper, cloves, nutmeg, plenty of garlic cut small, some good vinegar, salt, a glass of port wine, and one of rum; with this stuff a large gut tight; hang up in a chimney, and smoke it with saw-dust eight days; hang up in the air till they are dry, and they will keep a year. They are nice roasted, with toasted bread put under them.

SAUSAGES, *Oxford*.—Chop $1\frac{1}{2}$ lb. of pork, and the same of veal, clear of skin and sinews ; add $\frac{3}{4}$ lb. of beef suet ; mince and mix them, steep the crumbs of a penny loaf in water, and mix it with the meat, with a little dried sage, pepper, and salt.

SAUSAGES WITH APPLES.—Take $\frac{1}{2}$ lb. of sausages, and 6 apples ; slice 4 about as thick as a crown, cut the other 2 in quarters, fry them with the sausages of a fine light brown, and lay the sausages in the middle of the dish, and the apples round. Garnish with the quarters of apples.

SAUSAGES, *to eat cold*.—Season fat and lean pork with salt, saltpetre, black pepper, and allspice, all in fine powder, and rub into the meat. In a week cut it small, and mix with it some shred shallot, or garlic, as fine as possible. Fill an ox-gut with the above stuffing ; tie up the ends, and hang it to smoke, but first wrap it in a fold of muslin. It must be high-dried. Some eat it without boiling, but others think it preferable to boil it first. Tie it in lengths of about 8 or 9 inches.

SEA-KALE, *to boil*.—Boil it very white, and serve it on a toast like asparagus.

SHALLOT SAUCE.—Peel and cut small five or six shallots ; put them into a saucepan, with two spoonfuls each of sherry wine, water, and vinegar ; give them a boil up, and pour them into a dish, with a little pepper and salt.

SHERRY, *British*.—Take of pale ale wort, made as directed for British Madeira, 4 gallons ; of pure water, 7 gallons ; of white sugar, 16 lbs. Boil them together gently for $\frac{3}{4}$ of an hour, constantly skimming it ; pour it into a clean tub, and dissolve in it 4 lbs. of sugar candy, powdered—ferment with yeast for 3 or 4 days as directed for British Madeira. When poured off clear into a sweet cask, add 5 lbs. of the best raisins, bruised and stoned ; stir the liquor once or twice a-day ; and after standing slightly

bunged two days, add about a gallon of French brandy ; bung the cask closely, and in 3 months bottle it for use.

SHREWSBURY PIE.—Cut a couple of rabbits in pieces, season well with pepper and salt ; some fat pork, seasoned in like manner, with the rabbits' livers parboiled, butter, eggs, pepper, salt, a little sweet marjoram, and a little nutmeg ; make balls, and lay in your pie among the meat ; take artichoke bottoms boiled tender, cut in dice, and lay among the meat ; close your pie, and put in as much sherry wine as is proper. Bake it, and serve it up.

SHRIMP SAUCE.—Pick your shrimps, and put them into a stewpan with a little gravy ; when hot, pour in melted butter, and some anchovy essence ; add a little lemon pickle and corach.

SHRUB.—Take 2 quarts of brandy, the juice of 5 lemons, the peels of 2, and half a nutmeg ; stop it up, let it stand 3 days, add to it 3 pints of white wine, and 1½ lb. of sugar ; mix it, strain it twice through a flannel, and bottle it up. You may add water, if you please.

SILVER CAKE.—Whites of 1 doz. eggs ; flour, 5 cupfuls ; white sugar and butter, of each 1 cupful ; cream or sweet milk, 1 cupful ; cream of tartar, 1 teaspoonful ; soda, ½ teaspoonful ; beat and mix as the "Gold Cake." Bake in a deep pan.

SKATE, to boil.—Great care must be taken in cleaning this fish, as it is commonly too large to be boiled in a pan at once : cut it in long slips, cross-ways, about an inch broad, and throw them into salt and water ; if the water boils quick they will be done in 3 minutes. Drain them well, and serve up with butter and anchovy, or soy sauce.

SKATE, to broil.—Let the fins, or wings, hang for a day or two in the open air ; put them over a clear fire, and when enough, rub them over with cold butter.

SKATE, to fry.—Should be dipped in batter, or done with bread crumbs ; if done with batter, it requires

more lard, or butter, to fry it. *Maids* are dressed in the same manner.

SMELTS.—Smelts are usually dressed to garnish dishes. Wash and take away the gills, dry the fish in a cloth, beat an egg very fine, rub it over with a feather, and strew on crumbs of bread. Fry them in lard, over a clear fire, and put them in when the fat is boiling hot.

Fry them of a fine brown, and drain off the fat. Garnish with fried parsley and lemon.

SNIPES.—Take 2 brace of snipes, clean picked, put a piece of butter into a stewpan, and give them a browning; cut them down the back, press them flat, but do not take out the trail; put them into a stewpan, with some good gravy, a glass of port wine, a few small mushrooms, a little beaten mace and salt; stew them 5 minutes, and roll a piece of butter in flour. When thick as cream, scum it and dish them up. Garnish with toasted sippets, and oranges in quarters.

SOLES, to choose.—If good, are thick, and the belly of a cream colour; if of a blue cast, stale.

Cod, Haddock, Skate, Maids, Thorn-backs, may be bought by the same rules.

SOLES, Marinaded.—Boil them in salt and water, bone, drain, and lay them on a dish, with their bellies upwards. Boil, and pound some spinaeh: then boil 4 eggs hard, chop the yolks and whites separate, lay green, white, and yellow among the soles, and serve with melted butter in a tureen.

SOLES, PLAICE, or FLOUNDERS, to fricassée. Strip off the back skin of the fish, take out the bones, and cut the fish into slices 2 inches long; dip the slices in the yolks of eggs; strew over them raspings of bread; fry them in butter, and set them by the fire, till the following sauce is ready.

Boil the bones of the fish in water, with an anchovy and sweet herbs; add a little pepper, cloves, and mace. Boil together some time, put the butter in which the fish was

fried into a pan, shake flour into it, and stir it while the flour is shaking in ; strain the liquor into it, in which the fish bones, &c. were stewed, and boil it together till very thick. Put your fish into a dish, and pour the sauce over it ; garnish with slices of lemon and crisp parsley.

SOLES, PLAICE, AND FLOUNDERS, to boil.—Lay them 2 hours in vinegar, salt, and water ; dry them in a cloth, and put them into a fish-pan, with an onion, some whole pepper, and a little salt. Cover them, and let them boil till enough. Serve with anchovy-sauce, and plain melted butter, or with shrimp, or soy-sauce.

SOUP AND BOUILLE.—Stew a brisket of beef with turnips and carrots, small onions and celery, all cut into small pieces ; put the pieces of beef into the pot first, then the roots, and half a pint of beef gravy, with a few cloves ; set the pan to simmer for an hour, add more gravy to fill the pan, and boil gently half an hour.

SOUP, *Brown Portable*—Take a large leg of beef, bone it, and take off the skin and the fat ; put it into a stoving-pot with a tight cover, with 4 gallons of soft water, 6 anchovies, $\frac{1}{2}$ oz. of mace, a few cloves, $\frac{1}{2}$ oz. of whole pepper, 3 onions cut in half, a bunch of thyme, sweet marjoram, and parsley, with the bottom crust of a small loaf well baked ; cover it close, and let it have a constant fire, to do leisurely for 7 or 8 hours ; stir it well together to separate the meat ; cover it close again, and in an hour try your soup in a cup if it will glutinate ; if so, take it off, and strain it through a canvass bag into a clean pan ; have well glazed earthen cups ready, and fill them with the jelly ; put them into a stew-pan, with boiling water, and boil it till it is perfect glue. When almost cold run a knife round them, and turn them on a piece of new flannel to draw out the moisture ; in 6 or 7 hours turn them, and do so till they are perfectly hard and dry ; put them into stone jars, and keep them in a dry place.—This is very good for sauces and gravies. When you intend to make it into soup, shred and wash very clean what herbs you have to enrich it, as celery, endive, chervil, lettuce, or indeed

what herbs you please ; or use the essenecs as mentioned in the observations on soups ; boil them in water till tender, strain, and with that water dissolve what quantity of portable soup you please. Fry a French roll, and put it in the middle of your dish, moistened first with some of the soup ; and when the cakes are thoroughly melted, set it over the fire till it is just at boiling.

SOUP, Cheap.—Take the water that has boiled a leg of mutton, put it into a stewpan, with a quantity of chopped leeks, pepper, and salt ; simmer them an hour ; then mix some oatmeal smooth, pour it into the soup, simmer it gently ; do not burn.

SOUP CRESSY.—Stew 12 large carrots, cut, in a stewpan with turnips, celery, leaks, and onions cut in pieces, and half a pint of split peas, in a quart of water till tender, with strong beef gravy ; rub the whole through a sieve ; add 5 pints of strong veal gravy, and blanched water-cresses, boil the whole 20 minutes, and add salt ; let it be the thickness of pea-soup, and serve it up.

SOUP MAIGRE.—To a bunch of celery, washed clean and cut in pieces, add a large handful of spinach, 2 cabbage lettuce, and some parsley ; shred them small ; take a large stewpan, put in $\frac{1}{2}$ lb. of butter, and when hot, slice 4 large onions very thin, and put them into your butter ; stir them well together for 2 or 3 minutes ; put in the rest of your herbs ; shake all well together for 20 minutes ; dust in some flour, and stir them together ; pour in 2 quarts of boiling water ; season with pepper, salt, and beaten mace ; chip a handful of crust of bread, and put in ; boil it half an hour ; beat up the yolks of 3 eggs in a spoonful of vinegar, put it in, stir it for 2 or 3 minutes, and it will be ready to send to table.—*For Force meat, for Soup Maigre, see under Gravies and Sauces.*

SOUP TRANSPARENT.—Cut off the meat from a leg of veal as thin as possible ; when cut clean from the bone, break the bone in small pieces, put the meat in a large jar with the bones at top, a bunch of sweet herbs, $\frac{1}{4}$ oz. of mace, $\frac{1}{2}$ lb. of Jordan almonds, blanched and beat fine ;

pour on it 4 quarts of boiling water ; let it stand over a slow fire all night, remove into a well tinned saucepan, simmer till it is reduced to 2 quarts, taking off the scum as it rises ; strain into a bowl, let it stand for 2 hours to settle ; pour it into a saucepan clear from the sediments ; have ready 2 ozs. of boiled vermicelli ; put it in, and serve it up.

SOUP A LA REINE.—Take part of a fillet of veal, about 4 lbs., and 1 lb. of lean ham. Cut them into thick pieces, and put them into a stewpan, with 2 heads of celery, 1 carrot, 2 onions, and 1 turnip cut in pieces, with 1 quart of cold water. Stew them till they become as thick as glue. Then put 5 quarts of good stock to it, and continue stewing it altogether slowly over the fire, till the meat is quite tender ; when thus, skim it well and strain it through a lawn sieve. Then take the breast of a roast fowl, pound it as fine as cream, 12 sweet almonds, scalded and blanched, pounded separately, as fine as the fowl. Put 2 teaspoonfuls of cold water to the almonds while pounding, to prevent their oiling ; then take the inside of a French roll, and boil it up in a pint of cream ; put the almonds and fowl into it, with about 2 quarts of the liquor which the veal and ham were stewed in ; mix it all well together, and then rub it through a tammy strainer, with 2 wooden spoons ; 2 persons holding the ends of the strainer, and using the spoons. It should be sent to table about the thickness of thick cream ; and in warming it up, should never be allowed to boil.

SOUP, *White Portable.*—Boile a leg of veal, take off all the skin and fat ; also 24 fowls or chickens' feet, washed and chopped to pieces ; put all into a large stoving pot, with 3 gallons of soft water, till the meat is quite tender. Keep the pot tightly covered, and under a constant fire ; in about 8 hours try the jelly in a cup, and when cold, if it is so stiff that it may be cut with a knife, take it off and strain it through a sieve, but take off all the fat ; provide china cups, and fill them with the clear jelly, and proceed as directed for the brown portable soup. When any is required for use, take a piece about the size of a

walnut, and pour a pint of boiling water on it, stirring it till it is dissolved ; season with salt to taste, and it will make a basin of strong broth. If for a dish of soup, boil vermicelli in water, then to a cake of soup, pour a pint of water, when thoroughly melted, set it over the fire to simmer, pour it into the dish, put in thin slices of bread hardened before the fire, and the vermicelli upon them. Season it to your palate.

SPANISH CAKE.—Take 10 eggs, $\frac{3}{4}$ lb. of white sugar, and mill them in a chocolate mill till they are of a lather ; mix in 1 lb. of flour, $\frac{1}{2}$ lb. of pounded almonds, 2 ozs. each of candied orange-peel and citron, 4 spoonfuls of orange-flour water, $\frac{1}{2}$ oz. of cinnamon, and a glass of wine. Bake it in a slow oven.

SPINACH, to boil.—There is no herb requires more care in the washing than spinach ; it must be carefully picked, leaf by leaf, the stalks taken off, washed in 3 or 4 waters, and drained. Put in your spinach, with a small handful of salt, pressing it down with a spoon as you put it into the saucepan ; let it boil quick, and as soon as tender, put it into a sieve, or eullender, and press out the water. When you send it to table, raise it up with a fork, that it may lie hollow in the dish.

SPINACH, to stew.—Squeeze it quite dry, put it into a stewpan, with a spoonful of gravy, the same of cream, a lump of butter, salt, and pepper, and simmer it until ready.

Sorrel may be done in the same manner.

SPONGE CAKE.—Flour, 3 cups ; fine white sugar, 2 cups ; 6 eggs ; sour milk, $\frac{1}{2}$ cup, with saleratus 1 teaspoonful.

Dissolve the saleratus in the milk ; beat the eggs separately ; sift the flour and sugar ; first put the sugar into the milk and eggs, then the flour, and stir all well together, using any flavouring extract which you prefer, 1 teaspoonful of lemon, however, is the most common. Put it immediately into a quick oven : it will require about 20 to

30 minutes to bake ; if baked in small cakes, proportionately less.

SPONGE CAKE, *Berwick*.—Six eggs ; powdered white sugar, 3 cupfuls ; sifted flour 4 even cupfuls ; cream of tartar, 2 teaspoonfuls ; cold water, 1 cupful ; soda, 1 teaspoonful ; 1 lemon.

First, beat the eggs 2 minutes, and put in the sugar and beat 5 minutes more ; then stir in the cream of tartar and 2 cupfuls of the flour, and beat 1 minute ; dissolve the soda in the water and stir in, having grated in the rind of the lemon, squeeze in half of the juice only ; and add the other 2 cupfuls of flour and beat all 1 minute, and put into deep pans in a moderate oven. It is first-rate.

SPONGE CAKE, *with sweet milk*.—Sugar, $1\frac{1}{2}$ cupfuls ; 3 eggs ; sweet milk, 1 cupful ; flour, $3\frac{1}{2}$ cupfuls ; cream of tartar and soda, of each 1 teaspoonful ; lemon essence, 1 teaspoonful.

Thoroughly beat the sugar and eggs together ; mix the cream of tartar and soda in the milk, stirring in the flavour also ; then mix in the flour, remembering that all cakes ought to be baked soon after making.

SPRATS, *A substitute for Anchovies*.—Salt them well, and let it drain from them. After laying a day, wipe them. To $\frac{1}{2}$ lb. of common salt, add 2 ozs. of bay salt, the same of saltpetre, $\frac{1}{2}$ oz. of sal-prunelle, and a teaspoonful of cochineal, finely powdered. Sprinkle it among your fish, and pack them in stone jars. The above will be sufficient for 6 quarts of fish. They should be kept in a cool place.

SPREADING SAUCE, *for Puddings*.—Butter, 4 ozs. ; sugar, 6 ozs. ; 1 nutmeg.

Grate the nutmeg, and rub all together ; more or less nutmeg can also be used ; or any other flavouring in their place. This sauce is nice on baked puddings, hot or cold ; and it is not bad on bread.

SPROUTS, *to boil*.—Wash your sprouts very clean, and see there are no snails or grubs between the leaves,

ent them across the stem, but not the heart; after they are well washed, take them out of the water to drain, and boil them as above.

SPRUCE BEER.—For 3 gallons of water put in $2\frac{1}{2}$ pints of molasses, 3 eggs well beaten, yeast 1 gill. Into 2 quarts of boiling water put 50 drops of any oil you like; or mix 1 oz. each, oils sassafras, spruce and wintergreen, then use 50 drops of the mixed oils.

Mix all, and strain; let it stand 2 hours, then bottle. Do not add the yeast till cool.

STALE BEER, to restore.—Stamp the herb horehound, strain the juice, and put a spoonful of it to a quart of beer; cover it and let it stand 2 hours. Or put in half a teaspoonful of salt of wormwood.

STEAK PUDDING.—Make a rich paste of 2 lbs. of flour, 1 lb. of suet shred fine, mixed with cold water, seasoned with a little salt, and made stiff. The steaks may be of beef or mutton, well seasoned with pepper and salt. Roll the paste out half an inch thick. Lay the steaks upon it, and roll them up in it. Tie it in a cloth, and put it into boiling water. A small pudding will be done enough in 3 hours. A large one in 5. Pigeons eat well this way.

STURGEON, to boil.—Boil it in as much water as will cover it, adding 2 or 3 bits of lemon-peel, some whole pepper, a stick of horse-radish, and a pint of vinegar to every 2 quarts of water. When it is enough, garnish the dish with fried oysters, sliced lemon, and scraped horse-radish; serve it up with a sufficient quantity of melted butter, with anchovy sauce, the body of a crab bruised in the butter, and a little lemon-juice.

STURGEON, to broil.—Cut slices, rub beaten eggs over them, and sprinkle them with crumbs of bread, parsley, pepper, and salt; wrap them in white paper, and broil gently. Use for sauce, butter, anchovy, and soy.

STEAMED PUDDING.—Two eggs; sugar, 1 cupful; sour milk, 1 cupful; saleratus, $\frac{1}{2}$ teaspoonful; a little

salt; dried wortleberries, currants, raisins, or other fruit you like, 1 cupful; flour. .

Beat the eggs and stir in the sugar; dissolve the salcratus in the milk, and mix in also the fruit and salt; then thicken with flour, rather thicker than for cake; put into a 2 quart pan and set in the steamer, and steam an hour and a half.

STRONG BEER.—Malt, 1 peck; brown sugar, 6 lbs.; hops, 4 ozs.; good yeast, 1 teacupful; if you have not malt, take 1 peck of barley, (twice the amount of oats will do, but are not so good,) and put it into an oven after the bread is drawn, and steam the moisture from them. Grind coarsely.

Pour upon the malt $3\frac{1}{2}$ gallons of water at 170° of heat. The mash-tub should have a false bottom, 3 inches from the real bottom; it should be bored full of gimlet holes, as a strainer, to keep back the malt meal. When the water is poured on, stir well, let it stand 3 hours, and draw off by a faucet; put in 7 gallons more of water at 180° ; stir it well, and let it stand 2 hours and draw it off. Then put on a gallon or two of cold water, stir it well and draw it off; there will be 5 or 6 gallons. Put the 6 lbs. of brown sugar in an equal amount of water; mix with the wort, and boil 2 hours with the hops; you should have 8 gallons when boiled; when cooled to 80° put in the yeast, and ferment 20 hours, use sound iron hooped kegs or porter bottles, bung or cork tight; it will soon be good sound beer, and keep a good long time. For persons of a weak habit of body, especially females, 1 glass of this with their meals is far better than tea, coffee, or ardent spirits.

SUET PUDDING, boiled.—Take a quart of milk, 1 lb. of suet shred small, 4 eggs, 2 spoonfuls of grated ginger, and a little salt. Mix the seasoning and suet first in 1 pt. of milk, and make a thick batter with flour. Then mix in the rest of the milk. Boil 2 hours. Serve with plain butter.

SUGAR CAKE.—Take 7 eggs and beat the whites and yolks separately; then beat well together; now put

into them sifted white sugar, 1 lb.; with melted butter, $\frac{1}{2}$ lb., and a small teaspoonful of pulverized carbonate of ammonia.

Stir in just sufficient sifted flour to allow of its being rolled out and cut into cakes.

SURPRISE CAKE.—One egg; sugar, 1 cupful; butter, $\frac{1}{2}$ cupful; sweet milk, 1 cupful; soda, 1 teaspoonful; cream of tartar, 2 teaspoonfuls.

Flavour with lemon, and use sufficient sifted flour to make the proper consistence, and you will be really surprised to see its bulk and beauty.

SWEETBREADS.—Parboil them, and, when cold, lard them with bacon, and roast them in a Dutch oven. For sauce, serve with plain butter, and mushroom ketchup.

SWEETBREADS of Veal, a-la-Dauphine.—Stuff 3 large sweetbreads with forcemeat; thus made;—Skin a large fowl and take off the flesh; $\frac{1}{2}$ lb. of bacon cut fine and beat in a mortar. Season with anchovy, nutmeg, lemon-peel, thyme, and parsley. Mix this with the yolks of 2 eggs, fill the sweetbreads with it, and fasten with skewers. Put slices of bacon at the bottom of the stewpan, seasoned with pepper, salt, mace, cloves, sweet herbs, a large onion sliced; lay upon these slices of veal, and the sweetbreads. Cover close, let it stand 10 minutes over a slow fire, then pour in a quart of boiling water, and stew gently for 2 hours. Take out the sweetbreads, strain the gravy, and boil till reduced to $\frac{1}{2}$ pint. Put back the sweetbreads, stew them 3 minutes, and pour the gravy over them. Garnish with lemon.

SWEETMEATS AND KIDNEYS, to fry.—Split the kidneys, and fry them and the sweetbreads in butter. Serve them with a brown ragout sauce, and mushrooms; garnish with fried parsley and sliced lemon.

SYLLABUB, a choice one from the Cow.—Sweeten a quart of cider with refined sugar, grate a nutmeg over it; and milk the cow into your liquor. When you have ad-

led what milk is necessary, pour $\frac{1}{2}$ pint of the sweetest cream you can get over it.

SYLLABUB, Whipped.—Take 2 porringers of cream, and 1 of white wine, grate in the peel of a lemon, take the whites of 3 eggs, sweeten to your taste, whip it with a whisk, take off the froth as it rises, pour it into syllabub-glasses or pots, and they are fit for use.

SYRUPS, to make the various colours.—Powder cochineal, 1 oz.; soft water, 1 pint; boil the cochineal in the water a few minutes, in a copper kettle; while boiling, add 30 grains of powdered alum, and 1 dr. of cream of tartar; when the colouring matter is all out of the cochineal, remove from the fire, and when a little cool, strain, bottle and set aside for use.

This gives a beautiful red, and is used in strawberry syrups only. Coloured rather deep in shade. Pineapple is left without colour. Lemon and ginger with tincture of turmeric.

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TAPIOCA GRUEL.—Soak the tapioca in twice the quantity of water over night, then add milk and water, and boil till it is soft. Flavour with sugar, lemon juice, salt, nutmeg, or cinnamon.

TAPIOCA JELLY.—Wash tapioca in several waters. Soak it in fresh water 5 hours, and simmer in the same till quite clear. Add lemon-juice, wine, and sugar.

TAPIOCA PUDDING.—Soak one tablespoonful of tapioca in a quart of warm milk till soft, then add 2 tablespoonfuls of melted butter, 5 eggs well beaten, spice, grated lemon peel, or nutmeg, sugar, and wine to your taste. Bake in a buttered dish, without any lining.

TAPIOCA PUDDING. THE YANKEE. *Very fine.*—Put a teaspoonful of Tapioca and a teaspoonful of salt into $1\frac{1}{2}$ pint of water, and let them stand 5 hours, where it will be quite warm, but will not cook. Two hours before dinner peel 6 apples, and take out the cores without dividing

the apples. Put them in a pudding-dish, and fill the holes with sugar in which is grated a little nutmeg or lemon-peel. Add a teacup of water, and bake 1 hour, turning the apples to prevent their drying. When the apples are quite soft, pour over them the tapioca, and bake 1 hour.

To be eaten with sauce made of butter and sugar. Sago can be used instead of Tapioca.

TARTS OF CREAM.—Sifted flour, 1 lb.; salt, 1 spoonful; rolled sugar, $\frac{1}{4}$ lb.; butter, $\frac{1}{4}$ lb.; and 1 egg. Sal volatile, the size of a nutmeg, dissolved in a spoonful of cold water. Mix, and wet up with cold water, and line some tartlet pans. Bake in a quick oven, then fill with mock cream, sprinkle on powdered sugar, put them back into the oven a few minutes till a little browned.

Mock Cream is made thus;—Beat 3 eggs well, and add 3 heaped teaspoonfuls of sifted flour. Stir into it $1\frac{1}{2}$ pint of boiling milk, a little salt, and sugar to taste. Flavour with rosewater, or essence of lemon.

TARTS, Various.—If made in patty-pans, butter them well, and put a thin crust under them, in order to take them out with ease; but if either glass or china dishes be used, put no crust but the top one. Strew a proper quantity of fine sugar at the bottom, lay in your fruit, of what sort soever, and strew a like quantity of the same sugar over them. Put the tops on, and bake them in a slack oven. If made of apples, pears, apricots, &c., the beaten crust is looked upon as the most proper.

TART DE MOI.—Put a puff paste round a dish, a layer of biscuits, a layer of butter and marrow, another of all sorts of sweetmeats, and so on, till the dish is full. Boil a quart of cream, thicken it with eggs, put in a spoonful of orange-flower water, sweeten it, and bake it $\frac{1}{2}$ hour.

TEA, to make.—The old-fashioned rule to put 1 teaspoonful for each person, is not proper, as thus 50 persons would require 50 teaspoonfuls, which is enormous. Every person must be guided by taste in this matter. Tea is

spoiled unless the water is boiling when it is made. Black tea improves by boiling, but green is injured by it.

TEA OR CUP CAKE.—Four eggs; nice brown sugar, 2 cups; saleratus, 1 teaspoonful; sour milk, 3 cupfuls; melted butter or lard, 1 cupful; half a grated nutmeg; flour.

Put the eggs and sugar into a suitable pan and beat together; dissolve the saleratus in the milk and add to it the eggs and sugar; put in the butter and nutmeg also; stir all well; then sift in flour sufficient to make the mass to such a consistence that it will not run from a spoon when lifted upon it. Any one preferring lemon can use that in place of nutmeg. Bake rather slowly.

TENCH, *to fricassee*.—Prepare as in Tench, White, put butter and flour into a stewpan, and brown it, season as in the white fricassee, toss them up, and moisten them into a little fish broth; boil a pint of sherry, and put to your fricassee, stew it till properly wasted; take the fish up, strain the liquor, bind it with a brown eullis, and serve it up. If asparagus or artichokes are in season, add them to it.

TENCH, *to boil*.—Clean them, put them into a stewpan, with water to cover them; with salt, whole pepper, lemon-peel, horse-radish, and a bundle of sweet herbs, and boil till they are enough. Take some of the liquor, a glass of sherry wine, a pint of shrimps, and an anchovy, bruised; boil all in a stewpan, and roll a piece of butter in flour, and put it into the sauce; when of a proper thickness, pour it over the fish. Garnish with lemon and scraped horse-radish.

THIN CAKES.—Flour, 3 lbs.; butter, 6 ozs.; lard, 4 ozs.; 2 teaspoonfuls of baking powder. Mix and knead well. Bake carefully in a quick oven.

TOAST, *German style*.—Baker's bread 1 loaf, cut into slices half an inch in thickness; milk 1 qt.; 3 eggs, and a little salt; beat the eggs and mix them with the milk, and flavour as for custard. ~~not~~ cooking it however.

Dip the sliced bread into the mixture occasionally until it is all absorbed; then fry the pieces in a buttered pan. Serve, for dinner, with sugar syrup, flavoured with lemon.

TOMATO.—It is an invaluable article of diet, and has valuable medicinal properties. It is one of the most powerful aperients for the liver, and other organs, answering all the purposes of calomel. It is a sovereign remedy for indigestion. Tomatoes may be stewed and seasoned, made into sauce, or ketchup.

TOMATOES, *Best mode of Cooking*—This vegetable is much improved by cooking *a long time*.

Immediately after breakfast, begin by boiling 2 onions. If they are not liked, omit this part; but it is best to make the trial, as some can eat this, who cannot take onions any other way comfortably.

Pour boiling water over a doz. large tomatoes, and peel them. Cut them into a stew-pan; add $1\frac{1}{2}$ teacupful of bread crumbs, a teaspoonful of black pepper, a teaspoonful of salt, 4 tablespoonfuls of butter, and also the cooked onion. Set them where they will stew *very slowly* all the forenoon, the longer the better. Fifteen minutes before serving them, beat up 6 eggs, which add, and give them a good boil, stirring all the time.

TOMATO BEEF.—Stew a shank or hock of beef as above, except you put in 9 or 10 peeled tomatoes instead of potatoes and sweet herbs, and also leave out the bread. Some would add a little chopped onion. This is excellent and a very healthful mode of preparing beef, especially if it is tough.

TOMATO FIGS.—Scald and peel them, and then boil them in one-third the weight of sugar, till they are penetrated by it. Then flatten and dry them in the sun, occasionally turning them and sprinkling with sugar. When dry, pack them in layers, with sugar sprinkled between.

TOMATO KETCHUP.—Pour boiling water on the tomatoes, let them stand until you can rub off the skin,

then cover them with salt, and let them stand 24 hours. Then strain them, and to 2 quarts put 3 ozs. of cloves, 2 ozs. of pepper, 2 nutmegs. Boil $\frac{1}{2}$ hour, then add a pint of wine.

TOMATO KETCHUP.—Take a quantity of ripe tomatoes, wash and break to pieces; put on the fire, and just boil; take off, and when nearly cool, rub them through a wire sieve; to this pulp add salt, allspice, cloves, all ground, as much of each as to suit taste; add vinegar sufficient. Put upon the fire again for 1 hour; but do not burn. If too thick, add more vinegar. It is a *First rate Ketchup*.

TOMATO SYRUP.—Express the juice of white tomatoes, and put 1 lb. of sugar to each quart of the juice, put it in bottles, and set it aside. In a few weeks it will have the appearance and flavour of pure wine of the best kind, and mixed with water is a delightful beverage for the sick. No alcohol is needed to preserve it.

The medical properties of the tomato are in high repute, and it is supposed that this syrup retains all that is contained in the fruit.

TONGUES, to boil.—If a dried tongue, steep it all night in water; but if it be a pickled one, only wash it well from the brine. Boil moderately 3 hours. If it is to be eaten hot, stick it with cloves, rub it over with the yolk of an egg, strew crumbled bread over it, and, when done, baste it with butter, and set it before the fire till it becomes a light brown. Dish it up with a little brown gravy, or port wine sauce, and lay slices of currant jelly round the dish.

TREACLE CANDY.--Best molasses (treacle) boiled and worked freely, has a cream shade according to the amount of pulling, and most persons prefer it to the mixture of sugar and molasses.

TRIFLE, to make.—Cover the bottom of a dish with Naples biscuits, in pieces, macaroons in halves, and ratafia cakes, wet them with white wine; make a boiled

custard, not too thick, and when cold pour it over, put a syllabub over that. Garnish with ratafia cakes, currant jelly, and flowers.

TRIPE, to fricassee.—Take the whitest and thickest tripe, cut the white part in thin slices, and put them into a stewpan, with a little white gravy, a spoonful of sherry, a little lemon-juice, and a lemon-peel grated. Add to it the yolks of 3 eggs, well beaten with a little cream, shred parsley, and 2 or 3 chives. Shake over a slow fire, till the gravy is as thick as cream; do not boil, or it will curdle. Pour all together into a dish laid round with sippets. Garnish with sliced lemon and mushrooms.

TRIPE, to fry.—Cut the tripe into pieces 3 inches long, dip them into the yolk of an egg, add a few crumbs of bread, fry them of a fine brown, take them out of the pan, and lay them in a dish to drain; have ready a warm dish to put them in and send them to table with butter, and mustard.

TROUT, to broil.—Scale, clean, and dry well; tie it round with pack thread to keep the shape entire; put it on a clear fire, at some distance, and do it gradually. Cut an anchovy, melt some butter, with a little flour, pepper, salt, nutmeg, and half a spoonful of vinegar. Pour it over the trout, and serve it up hot.

TROUT, to fry.—Scald, gut, and clean them, take out the gills, dry and flour them, and fry them in butter till they are of a fine brown; take them up, fry some green parsley crisp, and melt anchovy and butter, with a spoonful of white wine. Dish your fish, and garnish with tried parsley and sliced lemon. Pour your sauce over the fish, or send it in a boat.

In this manner fry perch, jack, roach, gudgeons, or a chine of fresh salmon.

TRUE LOVER'S KNOTS.—Roll out puff paste thin, cut it into pieces 3 or 4 inches square, fold each corner over into the centre, and cut a piece out from each side, leaving it in the form of a true lover's knot; put them on

a tin, and bake them in a moderate oven; when they are done, place some jam or preserve on each point, and some in the centre.

TUNBRIDGE PUDDING.—Pick and dry a pint of groats; bruise them in a mortar. Boil them $\frac{1}{4}$ hour in new milk. Cover them close, and let them stand till cool, then add $\frac{1}{2}$ nutmeg grated, 3 spoonfuls of madeira, or sherry, and $\frac{1}{4}$ lb. of sugar. Mix well together. Tie the pudding up in a cloth, and boil it 3 hours. Serve it up with melted butter.

TURBOT, to choose.—This beautiful fish is in season nearly the whole of the summer. If good, it should be thick and the belly of a yellowish white; if of a blueish cast, they are bad.

To keep turbot 2 or 3 days, in as high perfection as at first, rub it lightly over with salt, and hang it in a cold place.

TURBOT, to boil.—Put a turbot into pump water, with salt and vinegar, for 2 hours before it is dressed. In the mean time put a sufficiency of water in a fish-kettle, with a stick of horse-radish sliced, a handful of salt, and a faggot of sweet herbs. When the water tastes of the seasoning, take it off the fire, and let it cool, to prevent the fish from breaking. Put a handful of salt into the mouth and belly of the turbot, put it into the kettle, and boil it gently. A middling turbot will take about 20 minutes.

When enough, drain it, and garnish with fried smelts, sliced lemon, or scraped horse-radish, and barberries. Serve it with lobster and anchovy-sauce.

TURBOT, to fry.—Choose a small fish, cut it across as it ribbed, flour it, and put it in a large frying-pan, with boiling lard enough to cover it. Fry it brown, and drain it. Clean the pan; put in white wine enough almost to cover the fish, an anchovy, salt, nutmeg, and a little ginger. Put in the fish, and let it stew till half the liquor is wasted. Take out the fish and put into the pan a piece of butter called *tranchée*, and some minced lemon. Let them

simmer till of a proper thickness, rub a hot dish with a piece of shallot, lay the turbot in the dish, and pour the hot sauce over it.

TURKEY, to choose.—If a cock-turkey be young, it will have a smooth black leg, with a short spur; the eyes will be full and bright, and the feet limber and moist; mind the spurs are not cut or scraped to deceive you. When a turkey is stale, the feet are dry, and the eyes sunk. The same applied to a hen-turkey; if she is old, her legs will be rough and red; if with egg the vent will be soft and open.

TURKEY, A-la-Daube.—Truss a large turkey; take down the breast-bone, and stuff the breast with some stuffing, as you did the roast turkey, lard with bacon, then rub the skin with the yolk of an egg, and strew over it a little nutmeg, pepper, salt, and a few bread-crumbs; put it into a copper dish and send it to the oven; when you dish it up make brown gravy-sauce; add to the sauce a few chopped oysters and mushrooms; lay round artichoke-bottoms fried, forced-meat balls, and a little crisp bacon. Garnish your dish with pickled mushrooms, and slices of lemon.

This is a proper dish for a remove.

TURKEY, to boil.—Dress, draw, and truss the turkey, take off the feet, take down the breast bone with a knife, and sew up the skin; stuff the breast with white stuffing.

For the *Stuffing*, take the sweet bread of veal, boil it, shred it fine, with a little beef suet, bread crumbs, lemon-peel, part of the liver, 2 spoonfuls of cream, nutmeg, pepper, salt, and 2 eggs; mix and stuff the turkey with part of the stuffing; (the rest boil or fry to lay round it) dredge it with a little flour; tie it in a cloth, and boil in milk and water. If a young turkey, an hour will be sufficient.

TURKEY, to pot.—Bone a turkey as for the pie, and season the same well in the inside; then put it into a pot to keep, put over it 1 lb. of butter; when it is baked draw from it the gravy, take off the fat and squeeze it

down very tight in the pot ; to keep it down lay upon it a weight ; when it is cold take part of the butter that came from it, and clarify a little more with it to cover the Turkey ; keep it in a cool place for use ; you may put a fowl in the belly if you please.

TURKEY, to roast.—In very cold weather a turkey will hang for a week, and will prove to be all the better, however young it may be. But let it not be in the least tainted. Pluck, draw, and singe it with care ; wash and wipe the outside well, and pour water through the inside. Fill the breast with sausage-meat, seasoned with minced herbs, lemon-peel, mace, cayenne, and a little butter. Truss the bird ; roast it at a clear fire, baste constantly with, butter, and serve it when done with brown gravy and bread sauce. A chain of fried sausages is often placed round a turkey.

TURKEY, to roast.—The sinews of the legs should be drawn whichever way it is dressed. The head should be twisted under the wing ; and in drawing it, take care not to tear the liver, nor let the gall touch it. Putting a stuffing of sausage-meat ; or, if sausages are to be served in the dish, a bread stuffing. As this makes a large addition to the size of the bird, observe that the heat of the fire is constantly to that part ; for the breast is often not done enough. A little strip of paper should be put on the bone, to hinder it from scorching while the other parts roast. Baste well and froth it up. Serve with gravy in the dish, and plenty of bread sauce in a sauce tureen. Add a few crumbs, and a beaten egg to the stuffing of sausage-meat.

TURKEY, to roast.—*Another way.*—Take a turkey, dress and truss it, and take down the breast bone. To make stuffing for the breast, take beef suet, the liver shred fine, and bread crumbs, a little lemon-peel, nutmeg, pepper and salt to your taste, a little shred parsley, a spoonful or two of cream, and 2 eggs. Put it on a spit and roast it before a slow fire ; lard the turkey with fat bacon ; if the turkey be young an hour and a quarter will roast it. For

the sauce take a little white gravy, an onion, a few bread crumbs, and a little whole pepper; boil well together, and add a little flour and a lump of butter, which pour upon the turkey; lay round the turkey forcemeat balls.

Garnish with slices of lemon.

TURKEY OR FOWL, *to stew.*—Take a turkey or fowl, put into a saucepan, with a quantity of gravy or good broth, a bunch of celery cut small, and a muslin rag filled with mace, pepper, and allspice, tied loose, with an onion, and sprig of thyme. When enough, take up the turkey or fowl, thicken the liquor with butter and flour; dish the turkey or fowl, and pour the sauce into the dish.

TURKEY PIE—*a rich one.*—Bone a young turkey, except the thigh bones and short pinions; also bone a large fowl; take mace, nutmeg, pepper, and salt, to season the inside of the turkey and the fowl; put the fowl inside the low part of the turkey, and in the breast put white stuffing; (as for the boiled turkey). Lay a paste over a deep dish, but none in the bottom; put in the turkey, with a few forcemeat balls, $\frac{1}{2}$ lb. of butter, and a gill of water; close up the pie; bake $1\frac{1}{2}$ hour; take from the oven; open the lid; put in a pint of stewed oysters, and the yolks of 6 or 7 eggs, lay them at an equal distance, stew the oysters in water, and pour them upon the turkey's breast; take the fat out of the pie before putting in the oysters; lay round 6 or 8 artichoke bottoms fried.

TURNIPS, *to boil.*—A great deal depends upon preparing this root for boiling. Pare them till the string coat be quite cut off; cut them in two, and boil them in a pot with either beef, mutton, or lamb. When they become tender, press the liquor from them between two trenchers, mash them with butter, pepper and salt, and send them to table; or send them up whole, with melted butter.

TURNIP TOPS.—After well washing, lay them in cold water to sweeten for an hour or two before they are dressed; and boil them in as much water as for cabbages, for if boiled in a small quantity of water, they will taste

bitter ; when the water boils, put in a small handful of salt ; skim it, and then put in your turnip-tops ; when they feel tender, they are done : drain them in a sieve or colander, and squeeze them dry : they usually take 20 to 30 minutes, according to their age and freshness. Serve up with melted butter.

TURNOVER PUFFS.—Roll out puff paste a $\frac{1}{4}$ inch thick, cut it out into pieces with a round scalloped cutter, or into square pieces with a knife ; put a little jam in the centre of each, and fold or double them over, press down the thumbs a little on each side of the jam to close them, ice them as directed for Coventrys, and bake them in a moderate oven, on a clean tin.

TURTLE SOUP, *Mock.*—Take a calf's head, scald and wash it, boil it for half an hour, skin it, and take the tongue out. Have ready some strong veal gravy, and put the tongue and skin in, with 3 large onions, $\frac{1}{2}$ oz. of cloves and mace, and half a nutmeg ; beat very fine all kinds of sweet herbs, and 3 anchovies ; stew them all together, and when tender, take out the meat, and cut it in pieces of about 2 inches square, and the tongue, which must be skinned, in square pieces the same as the head. Strain off the liquor, put $\frac{1}{2}$ lb. of butter into the stewpan, melt it, and put in $\frac{1}{4}$ lb. of flour, which keep stirring till smooth ; add the liquor (stirring it till it is all in,) a pint of white wine, season rather high, forcemeat balls and the yolks of eggs, either boiled or fried, some lemon-juice, and let the whole stew gently for an hour. If too thick, add some broth before stewing it the last time, and serve it up quite hot in the tureen.

TURTLE SOUP, *a cheaper way.*—Prepare half a calf's head, without the skin, as above. When the meat is cut off, break the bones, and put them into a saucepan with some good gravy, and seasoned with fried onions, herbs, mace, and pepper. Have ready 2 or 3 ox palates blanched, and cut into small pieces. A cow heel cut into pieces, may be added with advantage. Brown some butter, flour, and onion, and put the gravy to it. Then add

the meats cut into small pieces, and stew. Half a pint of sherry, an anchovy, 2 spoonfuls of walnut-ketchup, 2 of mushroom-ketchup, and some chopped herbs, balls, &c.

N. B.—Make your forcemeat balls as directed for turtle, which see.

U

UMBLE PIE.—Boil the umbles of a buck, and chop them as small as meat for minced pies; put to them as much beef-suet, 8 apples, $\frac{1}{2}$ lb. of sugar, $1\frac{1}{2}$ lb. of currants, salt, mace, cloves, nutmeg, and pepper; mix them together, and put it into a paste; add $\frac{1}{2}$ pint of white wine, the juice of a lemon and orange, close the pie, and when it is baked, serve it up.

V

VEAL, *to choose*.—The flesh of a cow-calf is whiter than that of a bull, but the flesh is not so firm; the fillet of the former is generally preferred, on account of the milder; if the head be fresh the eyes will be plump; but if stale, they will be sunk and wrinkled. A good neck and breast will be white and dry; but if they be clammy, and look green or yellow at the upper end, they are stale. The kidney is the soonest apt to taint in the loin, and if it be stale, it will be soft and slimy. A leg is good, if it be firm and white; but bad, if it be limber, and the flesh flabby, with yellow or green spots.

VEAL, *to boil*.—Let the pot boil, and have a good fire when you put in the meat. A knuckle of veal will take more boiling in proportion to its weight than any other joint, to have all the gristles soft and tender.

You may send up boiled veal with either parsley and butter, or bacon and greens.

VEAL, *to mince*.—Take any part of the veal that is tender done, either roasted or boiled, and shred it fine. Take a sufficient quantity of beef gravy, dissolve the quantity of a hazel-nut of caviar or roe to $\frac{1}{2}$ lb. of meat, put into the gravy the minced veal, and let it boil a minute. Pour

it into a soup-dish upon sippets of bread toasted, and garnish the dish with pickled cucumbers, &c., or with slices of bacon broiled.

VEAL, to roast.—Paper the udder of the fillet, to preserve the fat, and the back of the loin to prevent it from scorching ; lay the meat some distance from the fire, that it may well warm through ; baste it with butter, and dust on a little flour. When it has soaked some time, draw it nearer the fire ; and a little before you take it up, baste it again. Roast the breast with the caul on, and the sweetbread skewered on the inside. When it is near done take off the caul, and baste it with butter. It is proper to have a toast baked, and laid in the dish with a loin of veal. Garnish with lemon and barberries.

The stuffing of a fillet of veal is made in the following manner : take about a pound of grated bread, $\frac{1}{2}$ lb. of suet, some parsley shred fine, thyme, marjoram, or savoury, a little grated nutmeg, lemon peel, pepper, and salt, and mix these well together, with whites and yolks of eggs.

VEAL ALAMODE.—Breast of veal may be cut into similar sized pieces, and floured, lightly browned, and stewed in the same manner ; but with two teaspoonfuls of white pepper, instead of the allspice and black pepper, and with the addition of some finely grated lemon-peel instead of mushroom-ketchup.

VEAL, Breast of, to collar.—Bone the veal, season it all over the inside with cloves, mace, and salt beat fine, a little sage, pennyroyal, and parsley shred very fine, roll it up like brawn, bind it with tape very close, tie a cloth round it, and boil it very tender in vinegar and water, a small quantity with a little mace, cloves, pepper, and salt, all whole. Make it boil, and put in the collar ; when boiled tender, and both are cold, take off the cloth, lay the collar in a pan, and pour the liquor over ; cover it close, and keep it for use.

VEAL, Breast of, to stew.—Let the breast be fat and white, and boil the ends for gravy. Make a forcemeat of the sweetbread, boiled, crumbs of bread, beef-suet, two

eggs, pepper, and salt, a spoonful of cream, and grated nutmeg; raise the thin part of the breast, and stuff the veal. Skewer the skin close down, dredge it with flour; tie it up in a cloth, and stew it in milk and water about an hour.

The sauce for this dish is a little gravy, a few oysters, and mushrooms shred fine, and a little juice of lemon, thickened with butter and flour.

VEAL, Breast of, Ragout.—Put a breast of veal, an onion, sweet herbs, a little black pepper, a grated nutmeg, a blade of mace, and a little lemon peel grated, into a large stewpan; cover it with water; when it is tender, bone it.

Put the bones into the liquor, and boil till they make good gravy. Strain. Add $\frac{1}{4}$ pint of rich beef gravy, a spoonful of ketchup, and 2 spoonfuls of white wine. While these are boiling, flour the veal, and fry it in butter till of a fine brown. Drain off the butter, and pour the gravy to the veal, with a few mushrooms. Boil all together till the liquor becomes rich and thick, cut the sweetbread into 4, and spread the pieces and the forcemeat balls over the dish, having first laid the veal in the dish, and pour the sauce all over it. Garnish with sliced lemon.

VEAL BROTH.—Take a knuckle of veal, 2 turnips, 2 carrots, 2 heads of celery, and six onions, stew them in a gallon of water, till reduced to one half; add a lump of butter rolled in flour, with a little cayenne pepper and salt; strain it, and add a gill of cream. Two ounces of vermicelli may be added with good effect.

VEAL, Cold, to fry.—Cut it into pieces as thick as half-a-crown, dip them in the yolk of an egg, then in crumbs of bread, with a few sweet herbs, and sliced lemon-peel; grate nutmeg over them, and fry in fresh butter. The butter must be hot, and just enough to fry them in; when the meat is fried, take it out, and lay it in a dish before the fire; for sauce, shake a little flour into the pan, and stir it round; put in some gravy, squeeze in a little lemon, and pour it over. Garnish with lemon.

VEAL CUTLETS, to fry.—Cut slices $\frac{3}{4}$ of an inch

thick, beat them ; make a strong broth of the scrag end, with 2 anchovies, some nutmeg, lemon-peel, parsley, shred very small, and browned with a little burnt butter. Put the cutlets and a glass of sherry into this liquor. Toss them up together ; thicken it with a bit of butter rolled in flour, and dish all together. Squeeze a Seville orange over, and stew salt to give them a relish.

VEAL, *Fillet of, to stew*.—Stuff it under the udder, and at the bone end through to the shank. Set it in the oven with a pint of water, till brown ; put to it 2 pints of gravy. Stew till tender, and add a teaspoonful of lemon, pickle a large one of browning, one of ketchup, and cayenne pepper. Thicken with butter rolled in flour. Strain the gravy over the veal, and lay round the forcemeat balls. Garnish with sliced lemon, and pickles.

VEAL, *Knuckle of, to stew*.—Boil it till there is just enough liquor for sauce. Add a spoonful of ketchup, one of port wine, and one of walnut pickle ; also dried mushrooms cut small. Boil all together. When enough, lay the veal in a dish, pour the sauce over it, and send it to table, garnished with sliced lemon.

VEAL, *Neck of, Ragout*.—Cut it into steaks, flatten them with a rolling-pin, lard them with bacon, season with a mixture of salt, pepper, grated nutmeg, mace, lemon-peel, and thyme. Dip each steak in the yolks of eggs. Put all together in a stewpan, over a slow fire, and keep basting and turning the steaks, to keep in the gravy. When they are done, dish them with $\frac{1}{2}$ pint of strong gravy, seasoned high, adding mushrooms, pickles, and forcemeat balls dipped in the yolks of eggs. Garnish with stewed and fried oysters.

If for a brown ragout, put in a glass of port wine ; if a white, use sherry wine, with the yolks of eggs beaten up with 2 or 3 spoonfuls of cream.

VEAL, *Neck of, to stew*.—Cut it in steaks, season well with salt, pepper, grated nutmeg, thyme, and knotted marjoram. Stew gently in cream, or new milk, till enough ;

add 2 anchovies, some gravy, and a piece of butter rolled in flour. Toss it up till it becomes thick, and serve hot. Garnish with lemon sliced.

VEAL BALLS.—Chop the cold veal fine, removing hard portions, add as much bread crumbs as there is of meat, and half as much broiled salt pork chopped fine. Moisten all with a glass of white wine if you like it, put in 2 eggs, and season with salt, pepper, sweet herbs, and a little nutmeg. Form them into balls, and fry in butter.

VEAL CHEESE.—Prepare equal quantities of sliced boiled veal and smoked tongue, boiled skinned, and sliced.

Pound each separately in a mortar, moistening with butter as you proceed.

Then take a stone jar, or tin can, and mix them in it, so that it will, when cut, look mottled and variegated. Press it hard and pour on melted butter. Keep it covered in a dry place. To be used at tea in slices.

VEAL ESCALLOPS.—Mince your veal very small, simmer it with some spice, pepper, salt, and a little cream. Put it into the shells, add to them rasped bread with some butter, and brown them before the fire.

Chicken dressed in the same way make a very good dish.

VEAL PIE.—Raise a high round pie, slice a fillet of veal, cut them into shapes, and simmer it with as much seasoned meat gravy as you require.

VEAL PIE, Savoury.—Take a breast of veal, cut it into pieces, season with pepper and salt, lay it all into your crust, boil 6 or 8 eggs hard, take only the yolks, put them into the pie here and there, fill your dish almost full of water, put on the lid, and bake it well.

VEAL SAUSAGES.—Chop equal quantities of lean veal and fat bacon, a handful of sage, a little salt and pepper, and a few anchovies. Beat all in a mortar; and when used, roll in flour and fry them. Serve them with sippets fried, or on stewed vegetables.

VEAL STEW.—Take 3 lbs. of veal ; cut into slices 3 inches long, and 3 inches thick ; put a layer of veal into a stew-pot ; sprinkle over with a little salt and pepper, take 8 potatoes, slice them, and put a layer of them upon the veal ; then a layer of veal seasoned ; over the last layer of veal, put a layer of ham, or bacon, or pork, and at the top a layer of potatoes. Onions may be used, if agreeable. Put in water till it rises over the whole.

VEAL SWEETBREADS, *to fricassee.*—Cut the sweetbreads in thin slices lengthways, dip them in eggs, and season them with pepper, salt, and grated nutmeg. Fry them of a light brown, put them into a stewpan, with a sufficient quantity of brown gravy, and a spoonful of lemon juice. Thicken with butter and flour, garnished with toasted bacon, and crisp parsley.

VEAL SWEETBREADS, *Ragout.*—Cut sweetbreads into pieces as big as a walnut ; wash them dry, and put them into a stewpan of hot burnt butter. Stir them till they are brown, and pour over them as much gravy, mushrooms, pepper, salt, and allspice as will cover them ; stew them half an hour. Pour off the liquor ; strain it, and thicken it for sauce. Place the sweetbreads in the dish, pour the sauce over, and serve them up. Garnish with sliced lemon.

VEGETABLES, *a neat dish of.*—Wash a dish with the white of an egg, and make four divisions in it with fried bread. Put in each division the following vegetables : —Stewed spinach ; mashed turnips ; mashed potatoes ; and blanched onions and sliced earrots ; stew each in a little cullis, and let some of it adhere when put in the dish. In the fourth partition, if preferred, put in pieces of cauliflower or heads of brocoli.

VEGETABLE MARROW.—Peel them, and cut them into halves length-ways ; if the seeds are tender keep them in. Butter the two insides, sprinkle with nutmeg, or mace, pepper, and salt. Stew with a cupful of milk in the oven, or in a pan.

VENISON, *to choose*.—The season for venison is from July to December. If the fat is thick, bright, and clear, the clefts smooth and close, it is young; but if the clefts are wide and tough, it is old.

VENISON, *to fry*.—Make a gravy with the bones; cut the meat into slices, fry to a light brown, and keep it hot before the fire. Put butter rolled in flour into the pan, and stir it round till it is thick and brown. Add $\frac{1}{2}$ lb. of powdered sugar, with the gravy made from the bones, and some red wine. Make it the thickness of cream; squeeze in a lemon, warm the venison in it, put it into a dish, and pour the sauce over it.

VENISON, *to roast*.—When the haunch is spitted, take a piece of butter, and rub all over the fat, dust a little flour, and sprinkle salt over it; take a sheet of writing paper, butter it well, and lay over the fat part; put two sheets over that, and tie the paper on with twine: keep it well basted, and let there be a good soaking fire. If a large haunch, it will take near 4 hours to do it. Ten minutes before you send it to table, take off the paper, dust it over with a little flour, and baste it with butter; let it go up with a good froth; put no gravy in the dish, but send brown gravy in one boat, and currant jelly in another.

VENISON PASTY.—Raise a high round pie, shred a pound of beef suet, and put it into the bottom; cut your venison in pieces, and season it with pepper and salt. Place it on the suet, lay on butter, close the pie, and bake it.

VINGARET,—Chop mint, parsley, and shallot, and salt, salad oil, and vinegar. To serve with cold fowl, or meat.

VINEGAR, *to make*.—Boil 5 lbs. of coarse sugar, 12 gallons of water, and $\frac{1}{2}$ lb. of brown bread, together, for 1 hour, throw the bread out, and pour the liquor into an open vessel to cool, and on the following day, add $\frac{1}{2}$ pint of yeast. Let it stand 12 days, put it into a cask, and set it in the sun till sufficiently sour, which will commonly be in


6 months. The bung hole must have merely a bit of tile over it, to keep out the dust. Draw it out of the cask into small stone bottles.

VINEGAR, to make.—Those persons who retail vinegar, should always have it made under their own eye, because so many unprincipled men enter into its manufacture, as it affords a large profit. Remember—that vinegar must have air as well as warmth, especially if you desire to make it in a short time. When vinegar seems to be “Dying,” so called, add molasses, sugar, alcohol, or cider; for vinegar is industrious; it will either work or die, and when it begins to die it has worked up the material in its shop, and wants more. Remember this in making vinegars, and they will never die, if they have air.

Vinegar in Barrels without trouble.—Those who retail vinegar, can always keep a good supply on hand by having about 2 or 3 barrels out of which to sell, by filling the first one they sell out, before quite empty, with

Molasses, 1 gal.; soft water, 11 gals.

With this proportion fill the barrels; the vinegar and mother which are left in the barrel makes it work much quicker than if put into empty barrels: have as many barrels as your business requires. It is always advisable to have the bung out and gauze over it for ventilation.

 *Molasses means Treacle.*

From Apple Cider.—As some persons will not have any but cider vinegar, I give you the best method of making it:

In a room where it will not freeze; place on end casks, without heads, to hold as much as you wish to make; fill these one-third full of soft water, and the other two-thirds with apple-cider; yeast 2 qts. to each cask.

Then fill up into barrels for sale, leaving a little, say one-eighth in the open barrels, and fill them up with water and cider as before, and it will become good much quicker than before. All cider makes vinegar too strong, and requires much longer time in making. The retailer, by having a barrel of good cider vinegar to sell out of, may keep it up, and when he draws out 2 or 3 gallons of the vinegar, he will get the liquor, kept for the purpose, and replace the vinegar

with the eider ; or if making with molasses and water, fill up the same ; but if all the vinegar be drawn out before it is replenished with new materials, it loses its acidity or sharpness.

W

WAFERS.—Two tablespoonfuls of rolled white sugar ; 2 tablespoonfuls of butter ; 1 coffee-cupful of flour, and essence of lemon, or rose water to flavour. Add milk enough for a thick batter, bake in wafer irons, buttered, and then strew on white sugar.

WAFFLES, *Miss B's.*—One quart of flour, and a teaspoonful of salt ; 1 quart of sour milk, with 2 tablespoonfuls of butter melted in it ; 5 well-beaten eggs ; a teaspoonful or more of saleratus, enough to sweeten the milk, baked in waffle irons. Some like one teacupful of sugar added ; it makes the taste pleasant.

WAFFLES, *Rice.*—Milk, 1 quart ; solid boiled rice, 1 teacupful, soaked 3 hours in half the milk ; wheat flour or rice flour, 1½ pint ; 3 eggs, well beaten. Bake in waffle irons. The rice must be salted enough when boiled.

WALNUTS, *to pickle.*—Put them into strong salt and water for nine days, and stir them twice a day. Change the salt and water every 3 days. Let them stand in a hair sieve till they turn black. Put them into strong stone jars, and pour boiling aleger over them. Cover them up, and let them stand till they are cold. Give the aleger 3 more boilings, pour it each time on the walnuts, and let them stand till cold between each boiling. Tie them down with a paper and a bladder, and let them stand 2 months. Make for them the following pickle. To every 2 quarts of malt vinegar put ½ oz. of mace, and the same of olives, of black pepper, Jamaica pepper, ginger, and long pepper, 1 oz. each, and 2 ozs. of common salt. Boil it 10 minutes, pour it hot on your walnuts, and tie them down, covered with paper and a bladder.

WALNUT KETCHUP.—Take green walnuts, be-

fore the shell is formed, and pound them in a mortar; squeeze out the juice through a coarse cloth; put to every gallon of juice 1 lb. of anchovies, 1 lb. of salt, 4 ozs. of Jamaica pepper, 2 of long and 2 of black pepper, of mace, cloves, and ginger, each 1 oz., and a stick of horse-radish; boil all together till reduced to half the quantity; put it in a pot, and when cold, bottle it; it will be ready in 3 months.

WASHINGTON PUDDING.—Wash 4 tablespoonfuls of rice. Steep, and then boil till soft, 1 quart of sweet milk sweetened to your taste; butter, 2 ozs.; when nearly cool, add the yolks of 3 or 4 eggs, well beaten, and the grated rind of a lemon. Add the juice of a lemon to the whites of the eggs, and $\frac{1}{2}$ cupful of fine sugar. Pour the batter into a baking dish, and put the whites on the top. Bake till brown.

Use the following sauce:—Beat the yolks of 2 eggs, add sugar to make them sweet. Add $\frac{1}{2}$ cupful of cream and the juice of 2 lemons; flavour with nutmeg.

WATER GRUEL.—Put a pint of water on the fire. Mix in a basin a large spoonful of oatmeal with a little water; when the water boils, stir in the oatmeal, and let it boil gently about 10 minutes. Strain through a sieve, put in salt, and a piece of butter. Stir it till the butter is melted, and it will be fine and smooth. Sugar, and a spoonful of wine, may be added.

WEDDING CAKE, Ohio.—Flour, 2 lbs.; butter, 1 lb.; sugar, 1 lb.; currants, 2 lbs. or 1 of raisins; 10 eggs; 2 teacupfuls of molasses; 1 gill of wine, and 1 of brandy; 1 gill of cream; spice and citron to the taste. Mix the butter and sugar add the molasses, then the beaten yolks of eggs, then the flour, then the spice, wine, and cream, then the whites of the eggs in a stiff froth. Put in the fruit in the manner previously directed, and the citron with it at the same time. This is a very fine cake.

WHEY, Buttermilk.—One quart of good buttermilk. When boiling, beat up the yolk of an egg, and stir

in, and, if it can be allowed, some thick cream, or a little butter. Then beat the white to a stiff froth and stir in. Sugar and spice if liked.

WHEY WINE.—Boil $\frac{1}{2}$ pint of new milk ; as soon as it boils up pour in a glass of white wine ; boil it up and set the saucepan aside till the curd subsides. Pour the whey off, and add to it $\frac{1}{2}$ pint of boiling water, and a bit of white sugar.

Whey may be made of vinegar, and diluted with boiling water and sugar. It is less heating than wine, and if to excite perspiration, answers as well.

WHIGS or BUNS.—Take $3\frac{1}{2}$ lbs. of flour, and $\frac{3}{4}$ lb. of butter, and rub it well into the flour ; take new milk, make it very warm, and with $\frac{1}{2}$ pint of ale yeast, make it into a light paste, put in carraway seeds and spice, make it up, and lay it before the fire to rise ; work in $\frac{3}{4}$ lb. of sugar, and roll them pretty thin ; put them on tin plates, and hold them before the fire to rise again, before you set them in ; the oven must be quick.

WHITE CANDY.—Best brown sugar, $2\frac{1}{2}$ lbs.; the nicest syrup, $1\frac{1}{2}$ pints ; boil it very carefully, until when tried, it flies like glass ; then draw and work upon the hook until very white.

WHITE POT.—Beat up 8 eggs, (leave out half the whites) with a pint of milk or cream, a little rose-water, nutmeg, and $\frac{1}{4}$ lb. of sugar. Cut a roll into thin slices and pour the milk and eggs over them. Put a piece of butter on the top, and bake it for half an hour.

WHITE POTTAGE, *with a Chicken in the middle.*—To an old fowl, put a knuckle of veal, a scrap of mutton, some spice, some sweet herbs, and onions ; boil all together ; have ready some barley boiled very white, strained through a cullender, with some bread ready toasted in a dish, and a fowl in the middle ; green herbs, minced chervil, spinach, and sorrel ; pour some of the broth to your bread, herbs, and chicken ; add barley well strained, and stew altogether.

WHITINGS, *to fry*.—Skin them, and skewer the tails into their mouths, and then dry in a cloth, and flour, cover with egg and crumbs of bread, and fry in plenty of very hot fat; or the fish will not be done nice and crisp. It will take about 5 minutes, and then must be well drained before the fire on a cloth, turning it carefully several times with a fish-slice.

All fried fish should be served up garnished with fried parsley.

WILD FOWL, *to stew*.—Half roast, cut it into pieces. When cold, put it into a stewpan, with a sufficient quantity of beef gravy, and let it stew till tender. Thicken it with burnt butter, and serve it up with sippets within the sides, and lemon sliced on the rim of the dish.

WILTSHIRE PUDDING.—Bread crumbs, chopped apples, suet, of each 4 ozs.; currants, 3 ozs., a little nutmeg, 2 tablespoonfuls of brandy, from 3 to 5 eggs, leaving out half of the whites; mix well together, and boil 3 hours.

WINDSOR CREAM.--Take a pint of cream, sweeten it to your palate, grate in a little nutmeg, add a spoonful of orange-flower water or rose-water, and 2 spoonfuls of sack, beat up 4 eggs, and 2 whites, stir all together one way over the fire, till it is thick; have cups ready, and pour it in.

WINDSOR PUDDING.—Flour, 1 pint; milk, 3 gills, rich cream, 1 gill, 4 eggs, and a little salt. Pare 6 nice apples, extract the core without cutting them. Mix the batter very smooth, and pour over the apples. Bake 1 hour, or more. Serve with butter sauce sweetened.

WINES, *Current, Sherry, &c.*—The juice can be used alone, or in combination to make a variety of flavours, &c.

Express the juice; take an equal quantity of boiling water, and pour it on the pressed fruit, let it stand 2 hours, squeeze out as much as there is of juice, and mix; add 4 lbs. of brown sugar to each gallon of the mixture; ferment

3 weeks, without a bung in the barrel, when it is fermented bung it up.

Keep Wines in a cellar, where they will not freeze. The wine will be good or bad, just in proportion to the quantity of water and sugar used. If any spirit be used, let it be pure alcohol, from 1 gill to $\frac{1}{2}$ pint only per gallon, but so much strong juice and sugar, dispense with the use of spirit. Bear in mind that the fruit must be perfectly ripe. Do not let the juice ferment before the addition of the sugar. If bottled, always lay them on the side.

WINE, *Mulled*.—One pint of wine and 1 pint of water. Beat 8 eggs and add to the above, while boiling, stirring rapidly. As soon as it begins to boil it is done.

WINE, *to fine, the Lisbon way*.—To every 20 gallons of white wine take the whites of 10 eggs. and a small handful of salt, beat them together to a froth, and mix them well with a quart or more of the wine; then pour the whites and the wine into the vessel; stir it well, and in a few days it will be fine.

WINE, *to recover from acidity*.—Rack off the wine into another vessel, and to 10 gallons put the following powder: take oyster shells, scrape and wash off the brown and dirt outside of the shells, and dry them in an oven till they will powder. Put 1 lb. of this powder to every 9 or 10 gallons of wine; stir it well together, and stop it up; let it stand to settle 2 or 3 days, or till it is fine. Then bottle it off, and cork well.

WINE, *White Currant*.—Ripe, white currants, any quantity; squeeze out the juice, cover with hot water to get out more juice, and mix the two, and to each gallon put $3\frac{1}{2}$ lbs of sugar; ferment 2 or 3 months, then rack off and bottle. The white currant has less acidity than the red, and does not require as much sugar,

WINE WHEY.—One pint of boiling milk, 2 wine-glassfuls of wine. Boil them 1 moment, stirring. Take out the curd, and sweeten and flavour the whey.

WOODCOCKS, SNIPES, OR QUAILS.—Spit them

on a small bird-spit, without drawing, flour and baste them with butter; have ready a slice of bread toasted brown, which lay in a dish, and set it under your birds. When they are enough, take them up, and lay them on toast. Serve with melted butter. Garnish with orange or lemon.

Y

YEAST, *from Hops*.—Hops, 1 oz.; water, 3 pints; flour, 1 teacupful; brown sugar, $1\frac{1}{2}$ lbs.; salt, 1 teaspoonful; brewers' or bakers' yeast, 1 gill.

Boil the hops 20 minutes in the water, strain into a jar, and stir in the flour, sugar, and salt; when cool, add the yeast; let it stand in a very cool place.

YEAST, *to make*.—Take a tea-cup or wine-glassful of split or bruised peas, pour on them a pint of boiling water, and set the whole in a vessel 24 hours on the hearth, or in any other warm place; this water will be a good yeast, and have a froth on its top next morning. Any quantity may be made in this proportion.

YEAST, *Another Way*.—Hops, 2 ozs.; water, 1 gallon; wheat flour, 1 lb.; malt flour, 1 pint; stock yeast, $\frac{1}{2}$ pint.

Boil the hops for 30 minutes in the water, strain, and cool until you can bear your hand in it; stir in the flour and yeast; keep in a warm place until well under way, and then ferment in a cooler place 7 hours; put into pint bottles half full, closely cork, and tie down. By keeping this in a very cool cellar, or ice-house, it will keep fresh for months.

YEAST, *Substitute for*.—Those who are not in the neighbourhood of a bakery, and cannot procure yeast, may make a good substitute as follows: Boil 1 lb. of flour, $\frac{1}{4}$ lb. of brown sugar, and a little salt, in 2 gallons of water for an hour. When milk-warm, bottle and cork close. Ready for use in 24 hours.

YEAST CAKE.—Good sized potatoes, 1 doz.; hops, 1 large handful; yeast, $\frac{1}{2}$ pint; corn meal, take a sufficient quantity.

Peal and boil the potatoes, and rub them through a cullender ; boil the hops in 2 quarts of water, and strain into the potatoes ; then scald sufficient Indian meal to give consistence ; stir in the yeast, and let it rise ; then with unscalded meal, thicken it, so as to roll out, and cut into cakes ; dry quickly.

YEAST, *Jug*.—Hops, $\frac{1}{2}$ lb. ; water, 1 gallon ; fine malt flour, $\frac{1}{2}$ pint ; brown sugar, $\frac{1}{2}$ lb.

Boil the hops in the water until stroug, strain, and stir in the malt flour ; strain again, and boil for 10 minutes ; when new-milk warm, stir in the sugar, and place in a jug, keeping it at the same temperature until it works over ; cork tight, and keep in a cold place.

YELLOW RICE.—Wash clean 1 lb. of rice, currants, $\frac{1}{2}$ lb., well washed, a stick of cinnamon, $\frac{1}{2}$ oz of best *turmeric powder*, to give the yellow colour ; it is very wholesome ; previously dissolve in a eupful of water ; put in the pan with 2 quarts of water ; boil gently till the rice is dry, then stir in 6 ozs. of sugar, and 3 ozs. of butter ; mix well, and place 2 or 3 minutes on the fire. A $\frac{1}{4}$ lb. of raisins would be an improvement. Serve with wine sauee.

YORKSHIRE BISCUIT.—Make a batter with flour and 1 pint of milk sealding hot. When milk warm add 1 teacupful of homebrewed yeast, (potato is best,) and $\frac{1}{2}$ teaspoonful of salt.

Let it rise till *very* light, then add two-thirds of a teaspoonful of soda, 2 eggs, and a great spoonful of melted butter. Add flour enough to make it not very stiff, but just so as to mould it. Make it into small round eakes, and let it rise 15 minutes.

YORKSHIRE PUDDING.—Take 6 tablespoonfuls of flour, 3 eggs, $\frac{1}{2}$ teacupful of salt, and a pint of milk. First beat up the eggs and salt together, then mix them well with the milk, and strain it through a hair sieve : then mix them well with the flour, till you make it into a batter rather stiffer than for pancakes. Place in the dripping-pan, under the meat, a shallow tin dish, so that it may get quite hot, and be well greased, by the dripping

falling into it. Pour in the batter ; and when it is baked brown on the top, and set stiff, turn it over, that it may be done on both sides. If it is about an inch thick, it will be done before a good fire in 2 hours ; if 3 quarters of an inch thick, in $1\frac{1}{2}$ hours. It is easily turned if cut into 4 or 6 pieces.

ZEST PIE.—Take some of the best end of the neck of veal, or veal cutlets, and one-third the quantity of nice ham ; chop all rather small, and season with a little salt, and cayenne pepper ; put in $\frac{1}{4}$ pint of water, or some veal gravy, and a little butter, and a few sweet herbs. Dredge lightly with flour. Cover it with paste as for meat pies, and bake in a moderate oven about an hour according to the size.

MEDICINALS, COSMETICS, &c.

ALMOND PASTE.—Mix 2 ozs. of almond powder, 2 tablespoonfuls of brandy, 2 of honey, 2 of rose-water, and the yolks of 2 eggs.

Another way.—Take $\frac{1}{2}$ lb. of bitter almonds, rub them clean, but do not blanch them ; pound them very fine in a mortar ; then take $\frac{1}{2}$ oz. of oil of tartar, 2 ozs. of oil of sweet almonds, 1 oz. of spermaceti ; melt them together, and when warm, mix them with the almonds, which will make a paste. In winter you may add a lemon.

BURNS, Best remedy for.—Pound and sift *wood soot*, and mix it with sweet lard, and apply it, spread on linen rags. It will ease a burn quicker than anything. If the skin is off, the great thing is to keep it covered close from the air. If the burns are large and bad, give salts or cream of tartar as a cathartic.

CAMPHOR JULEP.—Take 1 drachm of camphor, 2 or 3 lumps of loaf sugar, 3 teaspoonfuls of spirits of wine ;

rub them all together in a marble mortar, and add thereto 1 pint of boiling water. Let it be close covered till cold.

COLD CREAM.—Take 2 ozs. of oil of almonds, $\frac{1}{2}$ oz. of spermaceti, 2 ozs. of white wax, and $\frac{1}{4}$ pint of rose-water; melt them in a new pipkin, and when all is melted, whip it till cold; then let it lay in a little rose-water till you put it in pots.

FADED SILKS.—Salt of tartar dissolved in water, will recover lilac or purple silks, when faded, rubbed over with a piece of flannel.


FLIES, *Liquid to destroy.*—Take 4 ozs. of quassia chips and boil for 10 minutes in soft water, strain it, and add a small quantity of sugar, then set in saucers where the flies are troublesome.

GINGER TEA.—Pour $\frac{1}{2}$ pint of boiling water on a teaspoonful of ginger; add sugar and milk to the taste.

GLOUCESTER JELLY.—Take an ounce of harts-horn shavings, rue, sage, pearl-barley, and eryngo root, boil them in 3 pints of water till reduced to one. Strain it, and when cold it will be a jelly. Give it in wine or milk.

HOARHOUND BEER.—Take as much dried hoarhound as you can grasp; boil it $\frac{1}{2}$ hour in soft water, then strain it off, and add 2 lbs. of moist sugar; boil it again for another $\frac{1}{2}$ hour, then pour it into a pan, with a few cloves, and some ginger. When milk-warm, put in a wine-glassful of yeast, to be left to work for 24 hours. Bottle it, but be sure not to cork it tight. It may be used immediately. When first poured out, it will look thick, but if allowed to stand a few minutes, it will soon become clear.

LAVENDER WATER.—To a pint of the best rectified spirits of wine, add $\frac{1}{4}$ oz. of oil of lavender, 8 drs. of essence of ambergris, and 6 drachms of essence of musk; mix them together, and shake the bottle often.

 It is the better for keeping.

LINEN, *to perfume*.—Take dried rose leaves, cloves, and mace beaten to a powder, with a very small proportion of bay salt; sew it up in little bags. You may add a few grains of musk if you please.

LIP SALVE, *to make*.—Take 2 ozs. of the best white wax, 2 ozs. of ox-marrow, that has been well steeped in water for 3 days; melt them in a bath heat, then squeeze in a lb. of best musk grapes, through a fine sieve; add a drachm of alkanet. Let them simmer, then beat it with a silver spoon till nearly cold, when you must run it into the boxes.

MAD DOG, *For the Bite of a*.—Take leaves of rue, and 6 ozs. of garlic, all pickled from the stalks, and bruised, Venice treacle, or mithridate, and scrapings of pewter, of each 4 ozs. Boil all these over a slow fire, in 2 quarts of strong ale, till 1 pint is consumed; then keep it in bottles, closely stopped, and give 9 spoonfuls of it to man or woman, warm for 7 mornings together, fasting. This, if given within 9 days after the biting of the dog, will prevent the hydrophobia. Apply some of the ingredients from which the liquor was strained, to the bitten place.

This recipe was taken some years ago, out of Calthrop church, Lincolnshire. Many of the inhabitants being bitten by a mad dog; all that took this medicine, did well, while the rest died mad.

MILK OF ROSES, *to make*.—To 1 quart of rose-water, add 2 ozs. of oil of almonds, and 18 drops of the oil of tartar.


 Be sure you let the oil of tartar be poured in last.

PLATE POWDER.—Take equal parts of white argol and common salt, and put them with the plate you wish to clean, into water sufficient to cover it. Boil the water, with the plate in it for a few minutes, when it will obtain a brilliant whiteness. Soft cloths dipped in the water afterwards, and permitted to dry, are excellent for cleaning those things which cannot be conveniently boiled.

POMADE DIVINE, *to make*.—Steep 8 ozs. of beef marrow in water, for 8 days, the last day in rose-water. It must be blanched quite white; then add $\frac{1}{2}$ oz. of cloves and nutmegs, $\frac{1}{4}$ oz. of cinnamon, storax and Florentine orris, of each $\frac{1}{2}$ oz., the whole to be put in an earthen vessel, closely covered down, to keep in the fumes. Suspend the vessel in water, make it boil 4 hours; after which strain it, and put it into bottles.

POMATUM, *Soft, to make*.—Take any quantity of hog's lard you please; cover it with water for 6 or 7 days, changing the water every day. If it is quite white, melt it over a slow fire; then add a little rose-water, and some essence of lemon. Beat it well with a clean whisk, till cold.

The great art of making it, is to beat it well with a whisk.

POMATUM, *Hard, to make*.—Blanch the hog's lard in the same manner you do for the soft, with an equal quantity of mutton suet, and a little white wax; boil them together. Seent it with essence of lemon, or what you please; then make round paper cases, run it in, and when cold, turn down the other end, and keep it for use.

RATS, *to destroy*.—Take 1 pint of flour, $\frac{1}{4}$ lb. of fresh butter, $\frac{1}{2}$ lb. of lump sugar, 10 drops of oil of rhodium, 10 drops of oil of cloves, 14 of oil of nutmeg, 2 ozs. of sweet mercury, and 1 drachm of oil of almonds. Mix these all together, and lay it in small lumps where the rats come, the size of an hazel nut.

TOOTH POWDER, *Excellent*.—Take $\frac{1}{2}$ oz. of prepared crab's-eyes, $\frac{1}{2}$ oz. of levigated hartshorn, and $\frac{1}{4}$ oz. of rose-pink. Let it all be mixed to an impalpable powder, and it will be perfectly free from any thing of a deleterious or scouring nature to the teeth.

WASHING FLUID.—Sal-soda, 1 lb., stone lime, $\frac{1}{2}$ lb.; water, 5 qts.; boil a short time, stirring occasionally; then let it settle and pour off the clear fluid into a stone jug and cork for use; soak your white clothes over night,

in simple water ; wring out, and soap wrist-bands, collars, and dirty or stained places ; have your boiler half filled with water, and when at scalding heat, put in one common teacupful of the fluid, stir and put in your clothes, and boil $\frac{1}{2}$ hour ; then rub lightly through one sud only, rinsing well in blueing water, as usual, and all is complete.

For each additional boiler of clothes add $\frac{1}{2}$ cupful of the fluid only ; of course boiling in the same water through the whole washing. If more water is needed in the boiler for the last clothes, dip it from the sudsing tub. Soak your woollen and calico in the suds from which you have washed the white clothes, whilst hanging them out, dipping in some of the boiling water from the boiler, if necessary ; then wash out the woollen and calico as usual—of course, washing out the woollen goods before you do the calico.

This plan not only saves the two rubbings which women give their clothes before boiling, and more than half of the soap—does not injure the clothes, but saves their wear in two rubbings before boiling. It is a good article for removing grease from floors, doors, and windows, and to remove tar or grease from the hands, &c.

A LIST OF ARTICLES IN SEASON FOR DIFFERENT MONTHS.

JANUARY.

Meat.—Beef, mutton, house-lamb, veal, and pork.
Poultry, &c.—Game, pheasants, partridges, hares, rabbits, woodcocks, and snipes. Turkeys, capons, pullets, fowls, chickens, and tame pigeons. *Fish.*—Carp, tench, perch, lampreys, eels, craw-fish, cod, soles, flounders, plaice, turbot, thornback, skate, sturgeon, smelts, whiting, lobsters, crabs, prawns, and oysters. *Vegetables, &c.*—Cabbage, savoys, coleworts, sprouts, purple and white brocoli, spinach, lettuces, cresses, mustard, rape, radish, turnips, tarragon, sage, parsnips, carrots, potatoes, scorzonera, skirrets, cardoons, beets, parsley, sorrel, chervil, celery, endive, mint, cucumbers in hot-houses, thyme, savory, pot marjoram, hyssop, salsific. *To be had though*

not in season, Jerusalem artichokes, asparagus, and mushrooms. *Fruit*.—Apples, pears, nuts, almonds, servies, medlars, grapes, oranges, and lemons.

FEBRUARY.

Meat.—Beef, house-lamb, mutton, veal, and pork. *Poultry, &c.*—Turkeys, eapons, pullets, fowls, chickens, pigeons, pheasants, partridges, woodcocks, snipes, hares, and tame rabbits. *Fish*.—Cod, soles, sturgeon, flounders, plaice, turbot, thornback, skate, whittings, smelts, lobsters, crabs, oysters, prawns, tench, perch, carp, eels, lampreys, and eel-fish. *Vegetables, &c.*—Cabbage, savoys, coleworts, sprouts, purple and white brocoli, mustard, rape, radish, turnips, parsnips, potatoes, cardoons, beets, parsley, chervil, endive, sorrel, celery, chard beet, lettuces, cresses, burnet, tansy, thyme, savory, marjoram. *Also* forced radishes, cucumbers, onions, leeks, shallots, garlic, skirret, and Jerusalem artichokes. *Fruit*.—Pears, apples, grapes, oranges, and lemons.

MARCH.

Meat.—Beef, pork, mutton, veal, and house-lamb. *Poultry, &c.*—Turkeys, pullets, eapons, fowls, chickens, ducklings, pigeons, and tame rabbits. *Fish*.—Carp, tench, turbot, thornback, skate, eels, mullets, plaice, flounders, lobsters, soles, whittings, crabs, eel-fish, and prawns. *Vegetables, &c.*—Carrots, turnips, parsnips, Jerusalem artichokes, onions, garlic, shallots, brocoli, cardoons, beets, parsley, fennel, celery, endive, tansy, rape, radishes, turnips, tarragon, mint, burnet, thyme, winter savory, coleworts, cabbages, savoys, spinach, mushrooms, lettuces, chives, cresses, mustard, pot-marjoram, hyssop, cucumbers, and kidney-beans. *Fruit*.—Pears, apples, forced strawberries, oranges, and lemons.

APRIL.

Meat.—Beef, mutton, veal, and lamb. *Poultry, &c.*—Pullets, fowls, chickens, ducklings, pigeons, rabbits, and leverets. *Fish*.—Carp, eel, tench, trout, eel-fish, salmon, turbot, soles, skate, mullets, smelts, herrings,

crabs, lobsters, and prawns. *Vegetables, &c.*—Coleworts, sprouts, brocoli, spinach, fennel, parsley, chervil, young onions, celery, endive, sorrel, burnet, tarragon, radishes, lettuces, salad, thyme, pot herbs. *Fruit.*—Apples, pears, forced cherries, and apricots for tarts.

MAY.

Meat.—Beef, mutton, veal, and lamb. *Poultry, &c.* Pullets, fowls, chickens, green geese, ducklings, turkey-poults, rabbits, and leverets. *Fish.*—Carp, tench, eels, trout, chub, salmon, soles, turbot, herrings, smelts, lobsters, craw-fish, crabs, and prawns, *Vegetables, &c.*—Early potatoes, carrots, turnips, radishes, early cabbages, cauliflowers, artichokes, spinach, parsley, sorrel, balm, mint, purslain, fennel, lettuces, cresses, mustard, all sorts of salad herbs, thyme, savory, all other sweet herbs, peas, beans, kidney-beans, asparagus, cucumbers, &c. *Fruit.*—Pears, apples, strawberries, cherries, melons, green apricots, currants for tarts, and gooseberries

JUNE.

Meat.—Beef, mutton, veal, lamb, and buck-venison. *Poultry, &c.*—Fowls, pullets, chickens, green geese, ducklings, turkey-poults, plovers, wheat-ears, leverets, and rabbits. *Fish.*—Trout, carp, tench, pike, eels, salmon, soles, turbot, mullets, mackerel, herrings, smelts, lobsters, craw-fish, and prawns. *Vegetables, &c.*—Carrots, turnips, potatoes, parsnips, radishes, onions, beans, peas, asparagus, kidney-beans, artichokes, cucumbers, lettuce, spinage, parsley, purslain, rape, cresses, and all other small salading, thyme, and all sorts of pot-herbs. *Fruit.*—Cherries, strawberries, gooseberries, currants, apricots, apples, pears, peaches, nectarines, grapes, pine-apples.

JULY.

Meat.—Beef, mutton, veal, lamb, and buck-venison. *Poultry, &c.*—Pullets, fowls, chickens, pigeons, green geese, ducklings, turkey-poults, ducks, young partridges, pheasants, wheat ears, plovers, leverets, and rabbits. *Fish.*—Cod, haddock, mullets, mackerel, tench, pike, her-

rings, soles, plaice, flounders, cels, lobsters, skate, thorn-back, salmon, carp, prawns, and craw-fish. *Vegetables,*

&c.—Carrots, turnips, potatoes, radishes, onions, garlic, rocombole, scorzonera, salsifie, mushrooms, canliflowers, cabbages, artichokes, celery, endive, chervil, sorrel, lettuce, cresses, and all sorts of small herbs, mint, balm, thyme, peas, beans, and kidney-beans. *Fruit.*—Pears,

apples, cherries, peaches, nectarines, plums, apricots, gooseberries, strawberries, raspberries, melons, pine-apples.

AUGUST.

Meat.—Beef, mutton, veal, lamb, and buck-venison.

Poultry, &c.—Fowls, pullets, chickens, green geese, turkey-poults, ducklings, leverets, rabbits, pigeons, pheasants, wild ducks, wheat-ears, and plovers. *Fish.*—Cod,

haddock, flounders, plaice, skate, thornback, mullets, mackerel, herrings, pike, eels, lobsters, craw-fish, prawns, and oysters. *Vegetables, &c.*—Carrots, turnips, pota-

toes, radishes, onions, garlic, shallots, scorzonera, salsifie, peas, beans, kidney-beans, mushrooms, artichokes, cabbages, cauliflowers, sprouts, beets, celery, endive, finocha, parsley, lettuce, and all sorts of sweet herbs. *Fruit.*—

Peaches, nectarines, plums, cherries, apples, pears, grapes, figs, filberts, mulberries, strawberries, gooseberries, currants, melons, and pine-apples.

SEPTEMBER.

Meat.—Beef, mutton, lamb, veal, pork, and buck-venison.

Poultry, &c.—Geese, turkeys, teals, pigeons, larks, pullets, fowls, hares, rabbits, chickens, ducks, pheasants, and partridges. *Fish.*—Cod, haddock, floun-

ders, plaice, thornback, skate, soles, salmon, carp, tench, pike, lobsters, and oysters. *Vegetables, &c.*—Carrots,

turnips, potatoes, shallots, onions, leeks, garlic, scorzonera, salsifie, peas, beans, kidney-beans, mushrooms, artichokes, cabbages, sprouts, cauliflowers, cardoons, endive, celery, parsley, finocha, lettuces, small salad, chervil, sorrel, beets, thyme, and all sorts of soup herbs. *Fruit.*—Peaches,

plums, apples, pears, grapes, walnuts, filberts, hazel-nuts, currants, cherries, melons, and pine-apples

OCTOBER.

Meat.—Beef, mutton, lamb, veal, venison. *Poultry.*—Geese, turkeys, pigeons, fowls, chickens, rabbits, wild ducks, widgeons, woodcocks, snipes, larks, hares, pheasants, partridges. *Fish.*—Halibut, smelts, pike, carp, tench, perch, salmon, trout, lobsters, cockles, muscles, oysters. *Vegetables.*—Cabbage-sprouts, cauliflowers, artichokes, carrots, parsnips, turnips, potatoes, skirrets, leeks, shallots, garlic, celery, endive, chervil, chard beets, corn salad, lettuce, young salad, thyme, savory, pot-herbs. *Fruit.*—Peaches, grapes, figs, services, quinces, bullace, walnuts, filberts, hazel-nuts, pears, apples.

NOVEMBER.

Meat.—Beef, mutton, veal, lamb, venison. *Poultry.*—Geese, turkeys, fowls, chickens, pullets, pigeons, wild ducks, teals, woodcocks, snipes, larks, hares, rabbits, partridges, pheasants. *Fish.*—Salmon, trout, smelts, lobsters, halibut, gudgeons, carp, pike, tench, oysters, cockles, muscles. *Vegetables.*—Carrots, turnips, parsnips, potatoes, onions, leeks, shallots, artichokes, cabbages, cauliflowers, savoys, sprouts, spinach, beets, parsley, cresses, endive, thyme, lettuces, salad, pot-herbs. *Fruit.*—Pears, apples, chesnuts, nuts, walnuts, grapes.

DECEMBER.

Meat.—Beef, mutton, veal, lamb, pork, venison. *Poultry.*—Geese, turkeys, pigeons, fowls, chickens, hares, rabbits, woodcocks, snipes, wild ducks, dotterels, partridges, pheasants. *Fish.*—Turbot, gurnets, sturgeon, halibut, smelts, cod, soles, carp, eels, cockles, muscles, oysters. *Vegetables.*—Cabbage, savoys, brocoli, carrots, parsnips, turnips, lettuces, cresses, salad, potatoes, scorzonera, salsifie, leeks, onions, shallots, asparagus, garlic, celery, endive, spinach, parsley, thyme, pot-herbs. *Fruit.*—Apples, pears, medlars, services, chesnuts, walnuts, nuts, grapes.

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